



BENELUX LINK

September/October 2005

USAG BENELUX



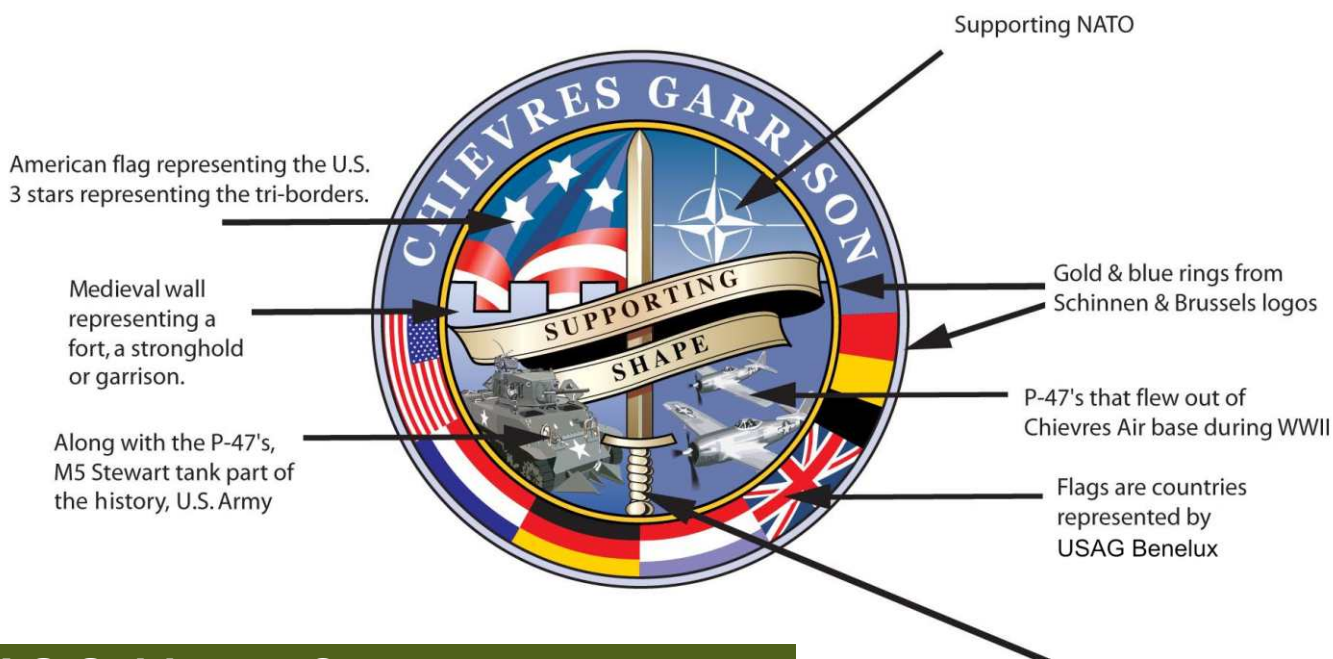
USAG Brussels Crest



UNITED WE STAND

A few changes in US Army Europe combined with the talent of the Graphic Artist, Salvador Espinoza, and the 80th ASG unit crests are formed into new designs. Each new unit crest was designed using extensive historical research, and as well as stressing the importance of host nation cooperation and their culture.

Chievres Garrison Crest



USAG Schinnen Crest



Each crest and how it was designed is listed here.

Including the USAG BENELUX the total number of new crests designed is four. It's design originates from a combination of all other US Army Garrisons within the BENELUX.



Colonel Dean A. Nowowiejski
Commander, USAG BENELUX

Commander's Column

As we begin another school year at SHAPE, Brussels American, and AFNORTH schools, let's talk about two themes: missed opportunity and participation. In previous editions of the **Benelux Link** and the **Meteor-Heraut**, we have discussed the flow of information designed to acquaint you with each and every opportunity in three communities: Brussels, Schinnen, and Chievres. The Commander's Column here, and Nowowiejski Notes in the **Meteor-Heraut**, are part of that information flow. So is the web site: www.80asg.army.mil. Before this edition of the **Link** expires, that web site should shift to a new one based on United States Army Garrison Benelux, as the 80th ASG colors are folded for good in October. Watch for the new address. The flow of information we offer ties to the theme of missed opportunity.

There are several opportunities in our communities that seem to pass you by. I wonder about it sometimes. Is it because you choose not to participate, or because you don't get the word? Our goal is to make the matter of participation, of obtaining opportunity, always a matter of your choice. If we offer you something, and you simply choose not to participate, that's fine. We will tailor to your desires. But I wonder about these things that seem to go underutilized: prescription refills at the Chievres Exchange on Saturdays, a new recycling center on Chievres, motorcycle safety classes, extended and new Exchange hours, job openings for GS, NAF, AAFES, or DeCA employment, American Forces Family Team Building Classes, MWR community activities and Club facilities. If your plate is full, or you are choosing to travel, please make sure you know about what is being offered, and make it a conscious missed opportunity. If you don't know about these events, please help us with the information flow by providing feedback.

That brings up the second theme: participation. As we begin a new school year, many of you, particularly those of you who are new to the community, are making that precious decision of what to do with your time. Thankfully, many of you will choose to invest in our communities. I have already mentioned those of you who choose to invest as employees. I would also like to address those of you who consider being volunteers. Sometime next spring, as this school year closes and we enter another summer of vacations and PCS, we will honor and thank those of you who choose to participate as community volunteers. Let me say now that our community well-being programs depend in their greatest part of volunteers. Whether child and youth sports, support to our schools, AFTB or FRG, thrift shops, or the many programs of our Chapels, most of the programs that really count toward quality of life in our American communities in the Benelux, the ones that make Brunssum/Schinnen, Brussels, and SHAPE/Chievres great places to live and work, all depend on your volunteer participation. Please vote with your feet, hands, and hearts. Thank you in advance for what you will do to participate.



CSM John M. Gaines
USAG BENELUX Command Sergeant Major



Lieutenant Colonel Richard S. Richardson
Commander, USAG Schinnen



Lieutenant Colonel Patrick J. Kilroy
Commander, USAG Brussels



Lieutenant Colonel John G. Romero
Commander, Chievres Garrison



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The USAG BENELUX publication, "BENELUX Link" is a bi-monthly community information source and an addition to the Meteor-Heraut for command-sponsored and leisure-time activities.

Any questions or comments about this magazine, please contact the USAG MWR Marketing Team at DSN 361-5904 or e-mail beneluxlink@benelux.army.mil.

For more USAG BENELUX information, please visit <http://www.80asg.army.mil>

There is no US government endorsement of any commercial sponsor.

Although the information in the issue is current at time of publication, activities and events are subject to change. Please contact the activity for confirmation.

The USAG Marketing Team is located on Daumerie Caserne, Building #5.



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ARMY COMMUNITY SERVICE

Bldg 39, Schinnen
DSN 360-750 CIV 046 443-7500
Open M-F 8-4:30 p.m.

Take advantage of these great opportunities to enrich your life. Call ACS today to sign up and register for any of the following classes and programs.

FAMILY ADVOCACY PROGRAM**FAP Prevention Education**

Pre-registration is required. Classes are free on a first come first serve basis.

Child Safety Class

Learn to recognize the impact and indicators of too much stress in your child's life. Class is held every Wednesday in the ACS Conference Room.

**Anger Management Class**

Feeling over-whelmed? Let ACS teach you strategies to help calm things down in your life. Thursday mornings from 10 a.m.- Noon in the ACS Conference Room.

Couples Communication

Learn effective ways to communicate with your spouse or partner. Last Monday of every month, 6 – 8 p.m. in the ACS Conference Room.

New Parent Support Program (NPSP)**Infant Massage Class**

Come meet others at the Schinnen ACS Conference Room and learn the benefits of massage for you and your child. The Infant Massage Classes are on the 1st and 3rd Tuesday of the month from 10 a.m. - Noon.

Heerlen Hospital Tour

Visit the labor and delivery unit and meet with OB labor and delivery nurses. Transportation is provided. Please contact NPSP at 046 443-7335 for details and registration.

ARMY COMMUNITY SERVICE**Playgroup For Toddlers**

An interactive and educational playgroup designed to develop parenting skills and gives parents and children a chance to socialize. At the Schinnen Sports Center, every Thursday morning from 9:30 -11:30 a.m.

OB Orientation/Prenatal Education Class

First Tuesday of every month from 10 a.m. - noon at the Geilenkirchen Clinic Conference room.

La Leche League

Dedicated to providing education, information, support, and encouragement to women who want to breast feed. The 3rd Wednesday of every month from 10-11 a.m. in the Schinnen ACS Conference Room.

Newcomers Orientation

Discover living and working in the Tri-border area. Visit military and civilian sites in the area. September 9, 30, October 7, 28, and November 4.

Sponsorship Training

Learn about becoming a sponsor for new people coming into the area.

Foreign Born Spouses Orientation

Support and assistance to foreign born spouses coping with cultural differences and military life. 2nd and 4th Wednesdays of the month from 2 - 3 p.m. in the ACS Conference Room.

FAMILY MEMBER EMPLOYMENT ASSISTANCE**Finding Employment Workshop**

Gain knowledge about job searching skills and where to find employment within the local area. Every Tuesday from 10 a.m. - Noon.

Hands on Resume/Resumix Workshop

Create, store, and send a resume online. Every Tuesday from 1-2 p.m. In the ACS Resource Lab.

School Bus Safety

Running across the street without looking for oncoming traffic or stepping out in front of or behind a parked school bus could prove tragic or even fatal.

School Bus Safety**FINANCIAL READINESS/ARMY EMERGENCY RELIEF****Financial Readiness Classes**

Covers banking and Credit Union services, budget development, record keeping, debt liquidation, insurance, and more. Taught every third Wednesday of the month from 10 – 11:30 a.m.

Financial Focus

Two part class for first term soldiers. Part one covers check writing and record keeping. Part two is a financial readiness class for all junior enlisted. Learn tips on how to stretch your dollars. Second Wednesday of every month, 10-11:30 a.m.

ACS Contract Positions

ACS is looking for qualified individuals with a BS degree to fill a number of challenging and rewarding Contract positions to include Family Advocacy Program Educator, EFMP Coordinator, Army Family Team Building Coordinator, AFAP Coordinator, Deployment Readiness Program Coordinator, and Information and Referral Coordinator. If you're interested, please contact DSN 360-7452 or CIV 046 443-7452.

Important Travel Message!

When traveling, be sure to bring identification with you.

Effective 2005, the Netherlands is requiring each person over 13 years to have an official identification document at all times in public places and upon request, show and hand over the document.

Army Volunteer Services

Now is the time to become a Volunteer and share your skills with the community. Get involved and help promote community well being. For Volunteer openings contact the Army Volunteer Corps Coordinator at DSN 360-7451 or 046 443-7451.

Deployment Support Program

Webcams available for use.

Coffee Hour

Families and friends of deployed soldiers get together in the Yellow Ribbon Room and enjoy conversation, coffee and treats. 10 a.m. until noon, every other Wednesday beginning September 14.

ARMY COMMUNITY SERVICE**Army Family Team Building**

The Advisory Council Meeting will be held September 11, 10-11 a.m. in the ACS Conference Room.

AFTB offers a full spectrum of helpful courses to include: Conflict Management, Understanding Needs, Crisis and Grieving, Group Dynamics, Introduction to Family Readiness Groups, Supporting Your Child's Education, Change and Stress Management.



Stop by, take a look at our complete schedule, and sign up for your own program of personal enhancement.

CHILD & YOUTH SERVICES**Central Enrollment and Registration**

Treebeek Education Center
DSN 364-6221 CIV 045 563-6221
Open M-F 8 a.m.-3 p.m. for walk-ins and 3-5 p.m. for appointments only.
Closed US/NATO holidays.

Family Child Care

Treebeek Education Center
DSN 364-6221 CIV 045 563-6221
Full day/extended/hourly care for infants and children up to 6th grade.
Call for information on child care.

Family Child Care Providers are needed. Would you like to work at home taking care of children in your government leased quarters? Call today for an application and further information.

Child Development Center (CDC)

JFC HQ Brunssum
DSN 364-2575 CIV 045 526-2575
Full day care for infants to Kindergarten children.
Part Day Preschool (3-5 years old) begins 15 September, 9 a.m. to Noon M/W/F, Tu/Th, or M-F
Hourly care (space available)
Register at Central Enrollment

School Age Services (SAS)

JFC HQ Brunssum
DSN 364-3004 CIV 045 526-3004
Before and after school care, 1st through 5th grade. Hourly care available with reservation.

COMMUNITY RECREATION**Youth Services (YS)**

Bldg H603, JFC HQ Brunssum
DSN 364-3008 CIV 045 526-3008
Open M-F 3:30-6 p.m. and 8 a.m.-6 p.m. on school out days.
Youth sponsors available for incoming youth.

Youth Center

Bldg H603, JFC HQ Brunssum
Regular hours 1 – 6 p.m.
Free of charge for registered members.

Youth Sports

Winter Sports Registration
November 1 to December 2 at Central Registration.
Basketball, Cheerleading, Wrestling.
Current health assessment and CYS registration required.
Volunteer coaches needed.
Call DSN 364-6056 for more details.

School Liaison Office (SLO)

Treebeek Education Center
DSN 364-6141 CIV 045 526-6141
School transitions, reduced price lunch program.

BOWLING CENTER

Bldg 40, Schinnen
DSN 360-7207 CIV 046 443-7207
Open W-Sa 11 a.m. - 9 p.m.,
Su 11 a.m. - 6 p.m.
The Bowling Center offers a 12-lane house with Cosmic Bowling, bowling leagues, and open bowling.

Exciting **Cosmic Bowling**, following **Social Hour** in the Memories Lane Lounge, begins every Friday at 6 p.m.

NO TAP Bowling

comes to Schinnen at 5 p.m. on the following Saturdays: September 17, October 15, and November 19.

Bowl for \$1/game every Wednesday through Friday from 11 a.m. until 4 p.m.

On October 28, as part of our Schinnen Halloween celebration, children under 12 in costume will enjoy FREE Cosmic Bowling from 5-8 p.m.

HARRY'S BBQ

Schinnen Bowling Center
DSN 360-7527 CIV 046 443-7257
Open Tu 11a.m.-2p.m.,
W 11 a.m.- 8p.m., Th - F 4 - 8 p.m.
Sa 11a.m. – 6p.m, Su Noon – 4p.m.

PIN POINT CAFÉ

Schinnen Bowling Center
DSN 360-7527 CIV 046 443-7527
Open W-F 11 a.m.-8 p.m.,
Sa 11 a.m.-6 p.m.

SATO TRAVEL

Schinnen
DSN 360-7385 CIV 046 443-7482
Open M-W-F 8 a.m. - 5 p.m.,
Th 8 a.m.-8 p.m.

TAX RELIEF OFFICE (VAT)

Schinnen
DSN 360-1780 CIV 046 443-1780,
Open M-Fr 8 a.m.-4:30 p.m.
Closed US Holidays

MOVIE THEATER/ALLIANCE

JFC HQ Brunssum
DSN 364-2110 CIV 045 526-2110
Box Office Opens F-Su 6:30 p.m.
Movie at 7 p.m.
Saturday Matinee at 4 p.m.

AUTO HOBBY SHOP

JFC Brunssum
DSN 364-3173 CIV 045 526-3173
Hours: Tu 8 a.m.-4 p.m.,
W 9 a.m.-5 p.m., Th Noon-8 p.m.
F/Sa 8:30 a.m.- 4:30 p.m.

FITNESS & SPORTS

Bldg 38, Schinnen
DSN 360-7561 CIV 046 443-7561
Open M -F 6 a.m.- 8 p.m.,
Sa/Su & Holidays 9 a.m. - 5 p.m.

Taebo / Kickboxing

Mondays and Wednesdays
from 6:30 - 7:30 p.m.

Step Aerobics

Tuesdays and Thursdays
from 6:30 -7:30 p.m.

Body Relax

Thursdays from 5-6 p.m.

Be sure to ask about our other courses in Spinning, Circuit Training, Racquetball, and Wall Climbing.

FILM PROCESSING

Meeting all your photo processing needs.

Drop off your film at the Arts and Crafts Center or in the lobby of the Library.

Photos ready for pick up in three working days!

FILM PROCESSING

INDOOR SWIMMING POOL

Located next to the Arts and Crafts Center on JFC Brunssum.
DSN 364-3172 CIV 045 443-3172
Open Tu-F 4-7 p.m., and
Sa/Su Noon - 4 p.m.
Adult Lap Swim M-F 7-8 a.m.
Public/Family Swim Tu-F 3-6:30 p.m.
and weekends Noon-4 p.m.

Enjoy the indoor pool or take advantage of a variety of classes to include scuba diving and water aerobics. Catered parties and special events are available for a fee, Fridays 7-9 p.m. and weekends 4-6 p.m.

MWR TRIPS AND TOURS

Schinnen Fitness Center
DSN 360-7561 CIV 046 443-7561
Take the worry out of travel and relax on any of these fun Fall outings.

Oktoberfest in Munich**October 1**

Everyone's got to experience the biggest party on earth at least once.
\$79/person

Express to Prague**October 28-30**

One of Europe's jewels, get seduced by the romantic charm of the city's Old Town. \$109/person

Christmas Shopping in Paris**November 26**

Thanksgiving weekend and a perfect Saturday to stroll the Champs-Élysées. Just \$49/person

MWR/BOSS Office

Treebeek Education Center
Room 132
DSN 364-6141 CIV 0455-63-6141

BOSS Meetings are held every 2nd and 4th Thursday of the month at 2 p.m. in the U.S. Delegation Bldg on JFC-Brunssum.

ARTS & CRAFTS CENTER

Bldg H607, JFC Brunssum
DSN 364-2454 CIV 045 526-2454
Open Tu-Th 10 a.m.-5 p.m.
W 10 a.m.-9.30 p.m. and Su 1-5 p.m.

CLASSES

To reserve a spot in the following classes, call DSN 364-2454. Class times and dates are flexible.

Scrap-booking

Creative Memories Workshops

ARTS & CRAFTS CENTER**Fine Art**

Painting (Oil, Acrylic, Egg Tempera, and Watercolor)
Drawing (Pencil, Oil Pastel, Chalk Pastel, and Charcoal)
2 hr classes at €11 each.
Both classes on Thursdays
10 a.m.-Noon.

Stained Glass Class

By appointment. €11 Just bring stained glass item and learn about lead and tiffany styles.

Dry Brush Ceramic Painting

Sign up and bring a ceramic item to learn or improve your dry brushing technique. By appointment.

Basic Matting and Framing

New!!! €35 by appointment.

Rubber Stamp Art

We have a wide selection of stamps and other materials in our store.

Ceramics

Over 2,400 molds (380 new molds) to choose from. Pour green-ware and bisque-ware.

NEW to the Ceramic Shop

To use the facilities, complete the beginner ceramic pouring class offered on Wednesdays from 10 a.m.-Noon and 6-7p.m., €15. Gary instructs you on mold and tool use and cleaning techniques. Complete this class and receive a firing number that allows access to the facility.

Basic Ceramic Painting Class.

Sign up to learn three different painting styles including glazing. Please bring an item to paint in class.

Ceramic Mosaic Workshop

Three-hour class. €11 includes materials.

New!! Gem Tree Class

€11 includes all materials and instruction on how to make a finished wonderful gift.

CUSTOM FRAME CENTER

Bldg H607, JFC Brunssum
DSN 364-3821 CIV 045 526-3821

Custom Framing

Custom Frame Center has ready-made frames and mats in many sizes and styles for immediate pick up. We will be happy to special order that perfect frame and help showcase your pictures, prints and posters. We also offer dry mounting, laminating, and shrink wrapping, and can suggest the best way to preserve and frame your treasures.

Assorted Posters for Sale

We now have over 65 different standard-sized posters for sale, in the Custom Frame Shop. The posters are mainly thematic color illustrations... space-ships, dinosaurs, rockets, plants, whales, sharks, flowers, trees, and famous artists' lives, in paintings and text.
All of the posters are €5.

Hand Painted Egyptian Papyrus for Sale

We now have 14 different sized papyrus for sale in the Custom Frame Shop.

Book Binding in Linen and Leather Workshop

Sign up for this 9 hour class and learn the rare art of book binding from a Meister Bookbinder. Finish two books in linen and leather. €37 (includes all materials)

Book Restoration Class

Sign up today for this 3 hour class and learn the rare art of book restoration from a Meister Bookbinder! You will finish a book that you bring. Materials, if needed, will cost extra. Please come to the craft shop to see the beautiful examples. €7

NEW!!!

Ask about our computerized engraving.

LIBRARY

JFC HQ Brunssum
DSN 364-2669 CIV 045 526-2469
Open Tu-W 10 a.m.-8 p.m.,
Th-F 10 a.m.-6 p.m.
Sa/Su Noon -4 p.m.
Our website is:
www.afnorthlibrary.benelux.army.mil

Encourage Reading

Research has shown that one of the greatest predictors of academic success is the amount of time a student reads.

Invest in your child's future, encourage reading!

ROTTERDAM PROGRAMS and ACTIVITIES

ARTS AND CRAFTS

DSN 362-2457 CIV 010 459-2457
Open M-F 10 a.m.-4 p.m.

Fall is a perfect time of the year to enjoy the beautiful countryside around Rotterdam. We offer a full assortment of sports equipment rentals to include canoes, kayaks, and bicycles.

OKTOBERFEST TRIP SEPTEMBER 24

That's right, a trip to the largest party on earth is planned with one overnight in Munich. Call for details.

HAL'S LOUNGE

Open M-Th 2:30-8 p.m.
F 4:30-10 p.m.
Socialize with friends.

FITNESS CENTER, WEIGHT ROOM, CAR WASH, CAR LIFT

Open 24 hours a day for your convenience.

FAMILY READINESS GROUP (FRG) MWR COORDINATOR

DSN 362-2494 CIV 010 459-2494
Our Community Room is open around the clock.

DIRECTOR MORALE WELFARE AND RECREATION

DSN 362-2420 CIV 010 459-2420

LIBRARY

DSN 362-2454 CIV 010 459-2454
Open M-F 10 a.m.-6 p.m.
Closed 1-2 p.m. for lunch

HALLOWEEN PARTIES

OCTOBER 28

The Kids party gets underway at 4:30 p.m. and the adults can begin celebrating in Hal's Lounge at 8 p.m. Please contact the DMWR office for full details.

Ghouls Just Wanna have Fun!

Trunk or Treat

Friday 28 October
5:30 - 7 p.m. Schinnen, NL

Car/Table Decorating Contest - Prizes
children's Games & Prizes
Haunted House
Free Cosmic Bowling for children under 12 yrs, 5 - 8 p.m.

To reserve a table or space for your car, call 0031-46-443-7293

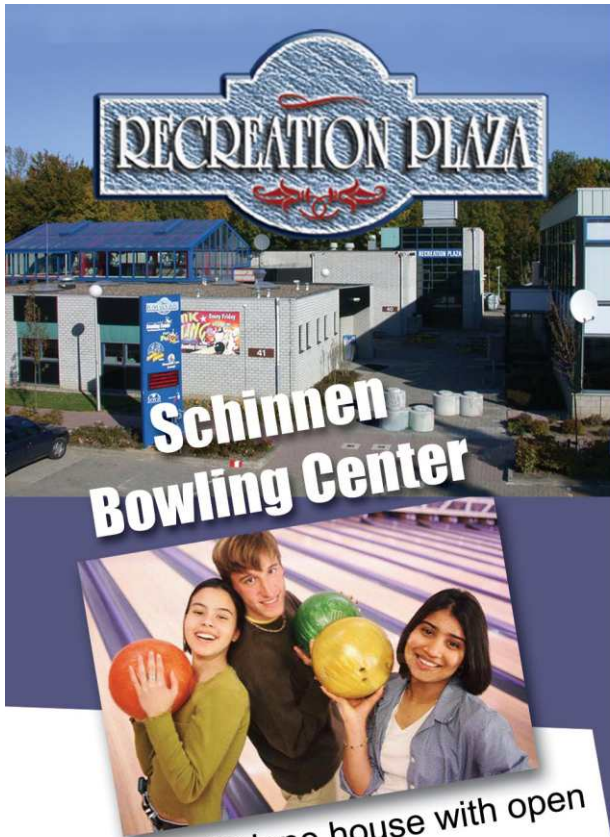
For more information call:
DSN 360-7488 / CIV +31 046-443-7488

Please, No Pets!

MWR
GUARANTY
FOR ALL OF YOUR LIFE

Not to be missed Halloween Parties in Rotterdam

Kids' Party begins at 4:30 p.m. and the Adults' Party gets underway about 8 p.m. in Hal's Lounge.



A modern 12 lane house with open and league bowling, plus two excellent eateries. Cosmic Bowling every Friday at 6 p.m. following Social Hour.

Schinnen Fitness Center



A spotless state-of-the-art facility with racquetball courts, saunas, a weight room, Nautilus equipment, a handsome new gym, and a full schedule of exercise programs.



Outdoor Rec Rental Equipment

Everything from tents to mountain bikes to get you into the great outdoors

For full details, please call
DSN 360-7561 / CIV 046-443-7561

GK / HQ JFC Brunssum DID YOU KNOW...

Recreation Plaza facilities are open to all U.S. and NATO ID card holders? It's true, and here's how you can take advantage of these facilities.

If you are NATO ID card holder -

You must first go to your country's local delegation and obtain the required signed form needed by the Schinnen IACS Office (adjacent the front gate). With this form and your NATO ID, the process should take about 15 minutes. (A spouse or child must follow the same procedure the first time.) Thereafter, you'll have open access to Schinnen.

If you are a U.S. ID card holder -

Present your ID at the IACS Office/Schinnen front gate. Within minutes you will be in the system and have access to Schinnen's great facilities.

The IACS Office is open Monday -Thursday 8:30 a.m. to noon and 1 to 4 p.m. Friday 8:30 a.m. till noon. Closed Saturday & Sunday.

SEE YOU AT RECREATION PLAZA!!



ARMY COMMUNITY SERVICE Information and Referral Program

Bldg 4 top floor, NSA/USAG
Brussels ACS Reception/Info and
Referral Desk (in front of the
elevators)
DSN 368-9783 CIV 02 717-9783
Open M-F 8 a.m.-5 p.m.

The Reception Desk receives
information on and referrals to
USAG-Brussels agencies; process
Makro cards; and sign up for classes.
Stop by and have your questions
answered. Pick up community event
flyers, program tri-fold brochures,
and copies of the BENELUX Link
magazine, Meteor-Heraut news-
paper, Brussels Weekly newsletter,
and Connection magazine.

Website: www.brusselslife.be

Available in English or French and
provides visitors with leisure-time
info on restaurants, language
schools, cultural events, local
customs, sport clubs and children's
activities.

Relocation Readiness

Bldg 4 top floor, Rm 302
DSN 368-9729 CIV 02 717-9729

Metro Madness Outing

The easiest way to travel around the
capital of Europe without worrying
about traffic and parking space
hunting is to use the Brussels public
transportation system. This most
popular class, followed by an
exploratory trip, will get you
acquainted with the bus, the tram,
the metro and pre-metro. Limited to
10 people, so reserve your spot in
advance. Next classes offered are
September 30 and October 21.

2005 Brussels Community Information Fair

Chapel Area, Three Star Lounge,
outside parking lot.
DSN 368-9729 CIV 02 717-9729
The 2005 Brussels Community
Information Fair will take place
Friday, 16 September at USAG
(NSA) Brussels from 10 a.m.-2 p.m.
and 4-8 p.m. This "not to be missed"
event, sponsored by ACS and CLO,
is great for newcomers and old-
timers. Organizations in the
BENELUX Community will display
information, discuss activities, and
promote volunteer opportunities.
This information fair is open to all
US ID cardholders, their family
members and civilians and is
especially interesting for all
Newcomers.

ARMY COMMUNITY SERVICE Newcomers' Briefings

This three-day workshop ensures a
smoother transition for new arrivals!
Day 1 key agencies will present
a brief overview of their programs
and answer your questions.
Day 2 the NATO Health Clinic patient
liaison coordinator will provide a tour
of the Leuven Gasthuisberg Hospital
and ACS will give you general
information about Belgium.
Day 3 the Director of the Delhaize
grocery store, in Kraainem will
familiarize you with the store.
The next 3-day Newcomer's
Briefing is on October 18-19-20.
Call ACS to register!

Volunteers Needed!

The Annual Brussels Community
Info Fair needs you!
Contact your Volunteer
Coordinator, at 02 717-9679
for more details.

Soldier & Family Readiness (FAP/EPC/EFMP)

Bldg 4 top floor, Rm 323
DSN 368-9693 CIV 02 717-9693

Parenting & Wellness Classes

Do you know your communication
style? Would you like to learn how to
be more assertive on a daily basis?
Speaking assertively can make your
life easier! Attend "Communicating
Assertively" on September 13 from
11 a.m.-Noon at Bldg 4 top floor
Conference room.
On September 20 from 11 a.m.-Noon
and 12:30-1:30 p.m., Bldg 4 top floor
Conference room, ACS will offer two
free classes pertaining to the topic
of "Creating Harmony in Blended
Families".

New Parent Education & Support Program (NPESP)

Bldg 2, Rm 256, Chapel area
DSN 368-9684 CIV 02 717-9684

Infant Massage

With this *Nurturing Touch* class,
discover the ways in which baby
massage can benefit both you and
your baby. Learn how to use soothing
massage to aid sleep and restless-
ness... Also a great way for you and
your baby to relax and have fun
together!

Next sessions will be offered on
September 7 and October 5.
Just pick the time frame which suits
you best: either a morning class
from 11 a.m.-Noon or one in
the evening from 6-7 p.m.

ARMY COMMUNITY SERVICE Toddler Playgroup

Every Tuesday and Friday from
10 a.m.-Noon at the Performing Arts
Center, Bldg 4, ground floor.
Sign-up is not required.

Pre-natal Classes

The New Parent Education and
Support Program provides ongoing
pre-natal classes. Topics covered
include:
Having a Baby in Belgium, Stages
of Labor, Interventions, Labor Signs,
Epidural, Relaxation Techniques,
Men's Role and much more. The
next series of classes is planned for
October 11, 18, 25, and November 1
from 6-8 p.m. in the Fellowship Hall,
Chapel area, Bldg 2. Please sign-
up in advance at ACS.

Infant CPR & First Aid

Are you prepared to save your
infant/child's life? Not sure how to
avoid children's injuries inside and
outside your home, or even how to
handle an emergency? Learn CPR,
rescue breathing techniques and
basic first aid treatment for children
under 8 years of age on
September 14 from 6-7:30 p.m.
And October 12 from 6-7:30 p.m.
Both classes are in the
Fellowship Hall, Chapel area, Bldg 2.
Advanced sign up with ACS
is required.

Brussels Community "AFAP" Program – As Far As Possible!

Bldg 4 top floor, Rm 306
DSN 368-9643 CIV 02 717-9643

2005 AFAP Issue Responses are out!

Here is the good news we have
all been expecting since the
AFAP Forum was held:

All the quality of life issues that
our Brussels Community
Delegates raised in March 2005
have now been given official
feedback.

Want to hear some great
success stories? Check either
www.brussels.army.mil
or www.80asg.army.mil

Read the results of a several
month long team effort
between the Lead Agencies
and the Steering Committee.

ARMY COMMUNITY SERVICE Employment, Deployment and Mobilization Readiness

Bldg 4 top floor, Rm 326
DSN 368-9735 CIV 02 717-9735

Job Announcement Board

The ACS Employment Readiness Program maintains a list of job offers in the region. Vacancies are posted on the Job Announcement Board, which is located next to the ACS Employment Readiness Manager's Office. For more information or to obtain application forms and other useful handouts, contact ACS today.

Webcams available at ACS

In case of deployment, TDY, PCS move, hospitalization, or any other event that can keep you separated from your family and make you feel lonely or homesick... ACS offers now free webcams to use when you want to share special moments such as a new baby, a graduation, or birthday greetings. This service is free of charge but only by appointment, so please call 02 717-9783 in advance.

Financial Readiness

Bldg 4 top floor, Rm 325
DSN 368-9698 CIV 02 717-9698

National School Lunch Program

This program offers free or reduced-price lunches to eligible families. Apply now for school year 2005-2006, it's never too late! Stop by ACS to fill in an application and bring your latest LES and spouse's earning statement. Also, do not forget to ask about the **Family Subsistence Supplemental Allowance (FSSA)**, you might be eligible for it too... Call for additional information on both programs.

AER - Army Emergency Relief

For military families and service members experiencing an emergency and needing additional funds, AER may be able to help.

This private, non-profit organization can provide interest free loans, and if long-term financial hardship exists sometimes grants, to assist service members with certain situations. ACS coordinates the AER program at Brussels. Visit the AER website at www.aerhq.org.

ARMY COMMUNITY SERVICE Army Volunteer Corps (AVCC)

Bldg 4 top floor, Rm 306
DSN 368-9679 CIV 02 717-9679

Volunteer Opportunities open at the USAG-Brussels Library!

1) The plants in the Library are looking for someone with a "green thumb" who will keep them well-groomed and perhaps upgrade them to larger pots as needed.

2) Volunteers are also needed for two to three hours to provide lunch time coverage at the Circulation Desk, primarily on weekends. Occasionally we need the assistance during the week to supplement the Library Staff that is on leave or in training.

3) Last but not least, we would like to start a Book Club and are looking for a leader to set up and manage this new program.

2006 AFAP Conference Assistant

Interested in getting involved in one of our major events? We are looking for a "make-it-happen" volunteer to help with preparation, execution, and follow-up of the Annual Brussels Tri-Mission Community AFAP Program. Activities include: creating an Access database for the growing set of our program management data, as well as, assisting in the planning and organization of the AFAP Forum itself. Job description available, hours recorded, training provided, and... experience and fun guaranteed!

All these Volunteer Opportunities are considered "open and continuous" from now on and until filled. For more information, contact ACS.

CHILD AND YOUTH SERVICES

Central Registration is open Mondays, Tuesdays, Wednesdays and Fridays from 9:30 a.m.-1 p.m. Registration for SAS and Middle School/Teen after school programs is ongoing at the Brussels Youth Center. For more information about available programs, contact Youth Services at: DSN 368-9647/9651 CIV 02 717-9647 or 9651.

Youth Sports Program

Youth Services offers many great sports for your children to participate in, including basketball, flag football, soccer and softball. Contact YS at DSN 368-9649 CIV 02 717-9649 for information on available programs.

CHILD AND YOUTH SERVICES Chocolate Bowl II

Our "International Youth Flag Football Tournament" will be held at BAS (Brussels American School) fields on November 5. Be ready for the kick-off at 10 am...

Several 12-15 year old youth teams from Belgium, Holland, Germany, and France will converge on Brussels to compete for the chocolate statue!

Anyone interested in being involved can call 02 717-9649

Middle School Dance

Three Star Lounge
10 September, 8 p.m.
Music, pool, movies and dancing. Stop by the MST Center for more details. DSN 368-9651

SAS/MST Birthday of the Month

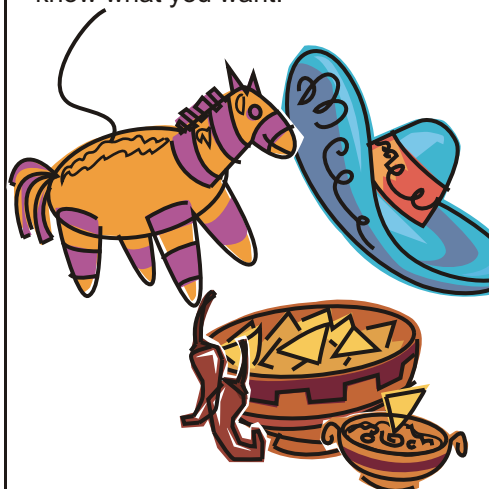
26 September, 4 p.m. and
31 October, 4 p.m.
Enjoy games and birthday cake in honor of our members celebrating their birthdays in the months of September and October. For details call DSN 368-9651

SAS Newcomers and Youth Council meeting

30 September, 4 p.m. and
21 October, 4 p.m.
New to the community, or just want to help others around the Brussels area? Contact SAS at 368-9651.

Torch Club Meeting

7 October, 5 p.m.
For all Middle School members. It's time to plan a dance, let us know what you want.



Hispanic Heritage Celebration

14 October, 4 p.m.
Join us for a trip through Latin America, the Caribbean and Spain. Can you make a pinata? We can teach you at our fiesta! Parents are invited to bring a Hispanic dish for potluck starting at 5:30 p.m. Volunteers and lots of participation needed! Please call 368-9651.

EDUCATION CENTER

Bldg 1, USAG Brussels
DSN 368-9704 CIV 02 717-9704

Student Consultation

The first Friday each month representatives of the Education Center are available for consultation at the U. S. Embassy Brussels Community Liaison Office from 12-2 p.m. as service to Tri-Mission personnel. Next student consultations will be September 2 and October 7.

CLEP, DANTES, ECE, and other selected tests

Beginning at 8:30 a.m. with prior registration (one week in advance) the SHAPE Testing Officer will administer CLEP, DANTES, ECE, and other selected tests. These sessions are on an as required/demand basis; a minimum of 3 students is required. Testing at SHAPE is possible at other times. Next test dates are September 21 and October 5, 12 and 20.

Advanced Skills Education Program Course (ASEP)

September 26-30 from 8:30 a.m.-12:30 p.m. MTHR 1174 Time Management. Tuition is free and one college-level credit will be awarded for successful completion.

Education Day Expo

The Education Expo is planned at three different locations in October and representatives from the University of Maryland, Central Texas College, University of Phoenix and University of Oklahoma will be available from 11 a.m.-2 p.m. as service to Tri-Mission personnel. On October 8 at NATO Headquarters, on October 14 at Community Liaison Office (Library), and on October 21 at USAG Brussels.

University Registration period is from October 10-21 and Term II starts on October 24.

Free Computer Classes at ACS

Join ACS in the Community Computer Lab for free workshops in MS Word, Excel, PowerPoint, Outlook and Access that will keep you up to speed in this computer age. Audience is limited to Tri-Mission family members (with ID card) actively seeking employment and willing to learn the skills necessary to use computer programs. Next classes start September 19-22. To register call ACS at 02 717-9783.

MULTI CRAFT CENTER

Bldg 2, USAG Brussels
DSN 368-9629 CIV 02 717-9629
Open W/Th 2-9 p.m.
F 10 a.m.-1 p.m. and
Sa/Su 10 a.m.-6 p.m.
Closed Mondays and Tuesdays

Art of Jewelry Making

Classes are held every Wednesday at 6 p.m. The cost is \$12 (materials not included). When you sign up for the first class, you receive a free pair of pliers.

Do-It-Yourself Framing

Classes are held every Thursday from 2-5 p.m. and from 6-9 p.m. Cost for class including materials, backboard, glass and instructor's time is \$30.

ARTopics Classes

Painting with Acrylics offered from Noon -2 p.m. and from 6-8 p.m. on September 7

Paper Crafts is offered on September 14 from Noon -2 p.m. and 6-8 p.m.

Glass and Mosaics is offered September 21 from Noon -2 p.m. and 6-8 p.m.

Engraving Service

Engraving is available all year. All you need to do is bring a note of what you would like engraved. No appointment is needed, just bring the item along when the Center is open.

Art Restoration Service

Available Saturdays from 10 a.m.-5 p.m. and service is available all year round. All you need to do is bring in a painting you would like restored, or even re-stretched onto a new frame. No appointment is needed, just bring the item along when the Center is open.

Prints & Tapestries of Brussels

Available for purchase... new prints along with new tapestries of Brussels. This is the perfect gift. Items cost from \$15-\$63.

Pewter Items available

Items cost from \$19-\$54. Hurry they are going fast!

**MULTI CRAFT CENTER
CERAMIC SHOP**

Open Saturdays from 10 a.m.-5 p.m.

Children's Basic Ceramics

A fee of \$20 includes instruction, use of in-house slip, tools and paints. This is an opportunity not to be missed! Please call to schedule an appointment.

Red Ribbon Day

28 October, from 4-5:30 p.m.
The CYS SAS and MST programs will join forces with ASACS to celebrate Red Ribbon day.

Youth are invited to stop by and take part in the special activities planned. Stop in and get a prize!

For details contact
DSN 368-9651
CIV 02 717-9651

**Children's Arts and Crafts
Birthday Party!**

How about a birthday party in the ceramic area? Fee is \$10 per child for the first six children. The seventh, eighth, ninth and tenth child is free. The maximum allowed for the party is ten children.

Adult Basic Ceramics

For a fee of \$30 receive ceramic instruction, a two gallon box of slip, in-house tools and paints. Please call the center to schedule an appointment.

WOOD SHOP

Located at the Multi Craft Center. Open Wednesdays by appointment only, and Saturdays and Sundays from 10 a.m.-6 p.m.

Sign up for the wood shop safety instruction and power tool instruction class. This class must be completed before using the Wood Shop. Classes are scheduled on Wednesdays from 2-6 p.m. and cost is \$11.

After the class, you may use the wood shop facility at a small charge of \$4/hr. Please call the center to make an appointment before heading to the shop.

The NSA Education Center is looking for a Dutch language teacher for the quarterly Head Start Language Orientation Program. Dates and times are negotiable. The position is covered by a part-time employment agreement with Central Texas College. Please contact the Education Center at DSN 368-9704 or 02 717-9704 for further details.

AUTO CRAFT CENTER

Bldg 1, USAG Brussels
DSN 368-9743 CIV 02 717-9743
Open W and Th 10 a.m.-2 p.m. and
4-8 p.m., F 8:30 a.m.-5 p.m., and
Sa/Su 10 a.m.-6 p.m..
Closed Mondays, Tuesdays and
Holidays

Motorcycle Automotive Classes

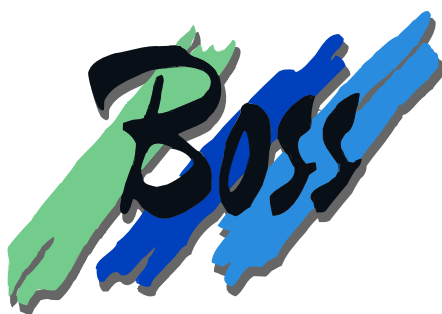
Class is held every Wednesday from
7-9 p.m. Cost for a six week course
which is 'made to order' for the
customer is \$45. Advance sign up
required.

Automotive Classes for Dummies

Classes are held every Thursday
from 7-9 p.m. The classes are
designed to show you general
maintenance and dynamics of your
vehicle and cost \$25. Advance sign
up required.

Vehicle Winter Check

Be prepared for the fall and winter
months by using this service
available until the end of February.
Your vehicle is given the full check
and cost is only \$30. Make sure your
vehicle is in good condition for the
fall and winter rain, snow and ice.
This service is offered every Friday
but by appointment only. Contact
USAG Brussels Auto Shop to
schedule an appointment.



B.O.S.S. Program

Better Opportunities for Single
Service Members
Bldg 4, Rm 306, USAG Brussels
DSN 368-9639 CIV 02 717-9639

Calling all single US Armed Forces -
Men and Women!
BOSS aims to improve the overall
quality of single service member's
lives. It assists singles in planning
recreation and leisure activities and
gives them the opportunity to
participate in and contribute to their
community.
Open to all singles in the US Armed
Forces, regardless of your branch
service.
Interested? Contact your local
BOSS Representative.

LIBRARY

Bldg 4, USAG Brussels
DSN 368-9791 CIV 02 717-9791
Open Tu-Th 10 a.m.-6 p.m.
F Noon-7p.m., Sa 11 a.m.-5 p.m.
Su Noon-5 p.m.
Closed Mondays and Holidays

The Library offers the Brussels Tri-
Mission Community a modern facility
with services normally associated
with public libraries in the US: the
latest and best in books, magazines,
and audiovisual materials (videos,
CD's and cassette tapes); wide-
ranging collections and programs for
all ages and interest groups; refe-
rence, research and information
assistance; access to Internet and
other online reference resources!
All members of the Brussels
Community are eligible to use the
Library free of charge.

Pre-school Story Hour

Please join Miss Charlotte at the
USAG Brussels Library in Bldg 4
on Wednesday mornings to listen,
learn, and share the world of books
and reading! The age range is 3-5
years old. However if your child is
not yet three, he or she may
"audition" for a place on the
reading rug...
Our Pre-School Story Hour begins
Wednesday, September 14 from
10-11 a.m. and, if successful, will be
conducted on a weekly basis.

SPORT & FITNESS CENTER

Bldg 3, USAG Brussels
DSN 368-9667 CIV 02 717-9667
Open M/W 6 a.m.-8 p.m.
Tu/Th 6 a.m.-9 p.m.
F 6 a.m.-7 p.m.
Sa/Su and holidays 10 a.m.-4 p.m.

Run for Your Life Program

Program designed to encourage
fitness through running. Participants
run at their own pace on their own
time line and log their miles with the
Fitness Center. Patches are provided
to participants who meet the 100,
200, 300, 400, 500, 750, and 1000
mile markers. Individuals must be at
least 18 years to participate.

MEDEX Training

Never done any fitness? Never used
weighted equipment? This is for you!
Contact the Sports & Fitness Center
to schedule an appointment for a
one-on-one introductory training.

THREE STAR LOUNGE

Bldg 1, USAG Brussels
DSN 368-9732 CIV 02 717-9732
Open Th 7 p.m.-Midnight
F 5 p.m.-1 a.m., Sa 7 p.m.-1 a.m.
Open to all Tri-Mission ID card
holders and accompanied guests
18 years and older (minors are
permitted on family nights only).

Friday Right Arm Nights

Supervisors, come and show your
staff how much you appreciate them!
Every first Friday of the month at
5 p.m. Next Right Arm Nights are
on September 2 and October 7.

Football Sunday

Starting on September 4 every
Sunday at 7 p.m. Also on October 2.

Oldies Night

Travel back in time on September 10
at 9 p.m. at the Oldies Night with
DJ Brooksie and Lady D.

Family Night

On September 13 and October 15
from 7-9 p.m.

Hispanic Heritage Night

Bring the whole family and share a
dish and heritage on September 17
from 7-9 p.m.

**Three Star Lounge
is closed on:**

**9 Sep
Middle School Dance**

**16 Sep (until 6 p.m.)
Brussels Info Fair**

Pool Tournament

September 23 and
October 21 from 9 p.m.-Midnight

41st Birthday Party

On October 1 starting at 9 p.m. the
Three Star Lounge is celebrating its
41st Birthday Party and everyone is
invited to come.

Texas Hold'em Poker Tournament

Here is your chance to play poker
and win prizes! (No money play).
October 6 and 20 at 7 p.m.

Halloween Party

Get out those great costumes and
win a prize on October 29 from 9 p.m.
to Midnight. Party is for Adults only.

Autumn Fest Western Night / Halloween Night

Come and enjoy trick or treating,
games, activities and food, followed
by a family dance titled "Dancing on
the Tombstone" on October 28 from
3-11 p.m. Info at DSN 368-9639.

OUTDOOR RECREATION

B R U S S E L S

OUTDOOR RECREATION

Bldg 4, Rm 303

DSN 368-9775 CIV 02 717-9775

Tongeren Antique Market Sunday, September 4

Are you an antique market lover? Want to get that piece of furniture which you've been dreaming of? Then let's go to the Sunday Antique Market in Tongeren! We will depart at 7 a.m. from Sterrebeek and come back at 2 p.m. Cost is \$20 for adults, but bring the children with you: they will pay only \$15.

North Sea Fishing Trip Saturday, September 10

Be ready for an early-morning departure (4:30 a.m.) from Sterrebeek for this deep-sea fishing trip which you'll remember! Return is around 8 p.m. Price is € 60 per person, including bus transportation and boat rental. Fishing gear and bates/worms are available on the boat: € 14 for a standard pack, € 20 for an extra pack – or bring your own... We need 20 people signed up in advance to confirm the trip, so the first ones will go: call quickly.

Blue Delft Factory, The Hague, and Scheveningen Beach Saturday, September 17

Come and join us on a combined one-day trip to The Netherlands, which will include a morning stop at the Blue Delft Factory with a guided tour and a Dutch-style snack, a visit to The Hague with the possibility of taking pictures at the International Peace Court. In the afternoon, we'll go on to the beach at Scheveningen (North Sea).

Welcome to Amsterdam Saturday, October 1

Departure from Sterrebeek at 7 a.m. and return at 9 p.m. This "must go" trip is at the affordable price of \$35 for adults and \$29 for children up to 12 yrs. Discover everything that Amsterdam has to offer: the Anne Frank house, the famous Rijks-museum, or the Van Gogh museum - it's up to you! You can also tour the city by Canal Boat, which stops at the above-mentioned locations.



Diamonds Shine in Antwerp Saturday, October 8

See the multi-faceted city of Antwerp: the city of Rubens, the world center for diamonds, a city of fashion, a shopper's paradise, a living city that appreciates art and history! In the morning, we'll visit the Rubens House with a local tour guide and later on, we'll head to the Diamond Museum. The afternoon will be free for shopping. Cost, including all entrance fees, is \$45 for adults, \$35 for children under 12.

Paris in the Fall October 15 and November 19

Depart from Sterrebeek at 5 a.m. and return around 11 p.m. Price is \$40 for adults and \$33 for children under 12. Have you ever seen Paris in the Fall? If not, you just won't want to miss it, and if you have, you certainly will want to come back. On arrival, we will have an hour and a half tour of Paris and drive by the famous Moulin Rouge, the Opera house, Place de la Concorde, Champs Elysées, the Arc de Triomphe, the Eiffel Tower, the Palais du Louvre, the Ile de la Cité, and pass by the Cathedral of Notre-Dame. Then Paris is all yours for exploring until the evening when we head back to Brussels.

Canterbury Calling!

October 22 and November 26

Depart from Sterrebeek at 5 a.m. and return around 10:30 p.m. Price is \$45 for adults and \$39 for children under 12. Take our day trip and see Canterbury for its famous cathedral, the *Canterbury Tales*, and the various antique shops! We first drive to Calais, where a car ferry will take us to Dover in the UK. Enjoy the English breakfast and shopping on board! Then, on the road to Canterbury, we will make a photo stop at Dover Castle.

Medieval Ghent and Bruges Saturday, October 29

We will leave Sterrebeek at 8 a.m. and be back at 9 p.m. \$45 is the cost for adults, only \$35 for children. Try our two-in-one formula to make the most of Ghent and Bruges on a day trip. Discover these equally memorable medieval cities! Our day will start with a guided walking tour through the beautiful city of Ghent. After lunch we will carry on to Bruges and, again, our experienced guide will take us on a tour through the city.

Safety Tip!

In Europe traffic does not stop for School Busses.

Teach your child to watch out and be aware of traffic.

Trip to Villeroy & Boch Factory Saturday, November 5

Visit one of Europe's oldest porcelain manufacturers! First stop is in Luxembourg: here you will have the chance to buy the popular tombola boxes. Later on we will stop in Mettlach, Germany – a beautiful little town on the river Saar. There will be a choice available in porcelain, cutlery, and table linen. The shops sell both firsts as well as very good-quality seconds. You will also find other shops and restaurants in the town of Mettlach.

USAREUR website: Effective 1 October, the USAREUR website to access civilian personnel information will change. The current site located at <http://www.chrma.hqusareur.army.mil> will be accessible through two new locations. Information on civilian employment, living and working overseas, local courses offered for employee training and development, and management tools will be at <http://www.chra.eur.army.mil>. Information on AF, NAF and LN civilian personnel policies, procedures and programs, such as contingency guidance, pay information, awards, and recruitment and retention incentives, will be located at <http://www.per.hqusareur.army.mil/cpd>.



INDEPENDENCE DAY CELEBRATION 2005

On July 2, 2005, the 80th ASG Morale, Welfare, and Recreation (MWR) Branch celebrated America's Independence Day on SHAPE. Festivities started at Noon featuring live music, food booths, games, face painting, and carnival rides for both children and adults. MWR organized an "Open Mic Karaoke" singing contest where 21 contestants competed for many prizes to include one round trip Delta Airline ticket to the U.S. valued at €700.00 sponsored by Sato Travel. Other prizes included a rental car voucher and ferry ticket to England, also sponsored by Sato Travel, 2 bean bags and Barbecue Sets sponsored by Quality Furniture and BergHOFF and Entry Tickets to Mini Europe and Oceade Pool as well as Spa Vouchers sponsored by Espace Thalassa. Other sponsors included Andrews Federal Credit Union, Grandma's Attic, Car City, Bureau Meraini and the Army Substance Abuse Program that sponsored the T-Shirts for the event. Throughout the day several live bands played in the Fest Tent along with fantastic DJ music.

Shortly after dark, there was a 25 minute firework display with a spectacular finale in front of more than 2,000 spectators. This was a very successful event



No endorsement of the sponsors applied.

for all American's and for the SHAPE international community. We would like to thank our sponsors and all USAG Benelux personnel that helped make this a truly successful event!

Safe Neighborhood Awareness Program (SNAP)



Keep Your Community Safe

SNAP is your Safe Neighborhood Awareness Program. SNAP provides residential security tips, crime prevention tips, bicycle registration, child IDs, and much more.

If you would like to know more about the SNAP program, then please contact your SNAP Coordinator at:

DSN 361-6143 or CIV 068 27-6143
e-mail to: SNAP@benelux.army.mil.

You are welcome to stop by the SNAP Office located in the American Lounge at the Hotel le Maisieres.

Remember!! Making and Keeping your neighborhood safe is a SNAP by being a SNAP Volunteer.



Fun for all ages!

We have Fast & Furious driving games, Star Wars, shooting games, table top games, and our most popular Touch Tunes Jukebox with over 140,000 songs available.

BENELUX Finance Office Hours

SHAPE

Military Pay, Travel and IOP
M-F 9 a.m.-5 p.m., Th closed
Disbursing, and Cash Cage
M-F 9 a.m.-4:30 p.m.

BRUSSELS

All Services
M-F 9 a.m.-4 p.m.
Th 10 a.m.-4 p.m.

BRUNSSUM

All Services
M-F 8:30 a.m.-12:30 p.m.
and 1:30-4 p.m.
Thursdays open until 5 p.m.



American Red Cross

Unit 3755

APO AE 09137

DSN 452-9440 CIV 00-49-6565-61-9440

52fw.arc@spangdahlem.af.mil

We thank everyone for all of your support, generosity and hospitality throughout the years.

Effective 15 August 2005, the American Red Cross office at Spangdahlem, Germany will be delivering our services to the Benelux military communities. Like the United States Military, the American Red Cross continues to undergo changes. With the downsizing and reorganization of the United States Armed Forces in Europe, the American Red Cross is also restructuring our Armed Forces Emergency Services department and streamlining our offices in Europe to continue to meet the needs of our military, but within the confines of our limited resources.

The American Red Cross restructuring necessitates our covering S.H.A.P.E. Red Cross functions from our Spangdahlem office. Our emergency services will continue to be delivered via the American Red Cross office in Spangdahlem, Germany. The Spangdahlem office will also provide support and guidance to the Authorized Providers delivering CPR and First Aid courses; Babysitter's Training and Water Safety courses in the Benelux communities.

Volunteers play a vital role in the American Red Cross and we are grateful to all of you who have given your time so willingly. Those volunteers interested in continuing in their volunteer jobs should contact the Army Volunteer Coordinator, at 065.44.4270.

Remember ... although we may not be physically present in Belgium, the American Red Cross will continue to assist you with your needs via our office in Spangdahlem, Germany.

ARMY COMMUNITY SERVICE

Bldg 318, SHAPE
DSN 423-5324 CIV 065 44-5324
Open M-W, F, 8 a.m.-5 p.m.
Th 8 a.m.-3 p.m.
Closed SHAPE Holidays

RELOCATION OFFICE

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

Sponsorship Training

The class is offered the first Wednesday of the month from 10-11 a.m. in the ACS conference room. The sponsorship training helps sponsors to be more efficient by giving them tips such as assisting Newcomers with their in-processing, providing the human touch, welcoming, orientation and settling in assistance. Next classes are scheduled for Wednesday, October 5 and November 2.

Sponsorship and Welcome Packages

There are two different packages available for the Newcomer: The **Sponsorship Package** contains information about Belgium and SHAPE/Chievres installations for Newcomers prior to their arrival. The **Welcome Package** contains useful information about the installation and the Mons communities.

ARMY COMMUNITY SERVICE

Make the Right Move

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

Are you prepared for your next PCS move? Attend this class on Wednesday, October 5 and November 2 at 2 p.m. and make the best PCS move ever.

Cultural Adaptation Trip

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

Learn about the Belgian culture; visit and shop at a vintage store and tour one of the oldest family breweries in Belgium. If you are interested, give ACS a call today to find out details on the next trip scheduled for...

Saturday, October 15 and November 12.

There is a €5 charge for the trip which includes entry fee and guided tour through the brewery. Also, as a special treat in November explore how beer was brewed more than 100 years ago with a special demonstration at the brewery.

ARMY COMMUNITY SERVICE

ACS Volunteer Program

Bldg 318, SHAPE
DSN 423-5324 CIV 065 44-5324

The Army Community Service (ACS) needs you as a volunteer member of our staff. Being an ACS volunteer offers several benefits: Flexible hours - Job Training
Volunteers are always needed to support ACS staff with photocopying, sending faxes, filing data, data processing and other general office requirements. Volunteers with business machine skills or those interested in learning these skills are encouraged to join our volunteer staff.

Take the Bus

Hotel Le Maisieres
DSN 423-4332 CIV 065 44-4332

On September 8, October 13 and November 10, join ACS for an afternoon of learning how to use the Belgian bus system and get around while you are still living in the hotel and waiting for your car to arrive. You will discover the easiest way to see Mons and the surrounding area. Register and meet at the Hotel Le Maisieres for an introduction to the Belgian bus system.

ARMY COMMUNITY SERVICE**Take the Train - Brussels**

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

The Belgian train system is well developed and can be the easiest way to travel in and out of Belgium. Take the Train is a living experience and gives the opportunity to learn how to use this great transportation system.

The trip is offered every second Friday of the month from 8:30 a.m.-3:45 p.m. and the next dates are September 9, and October 14. Sign up today. Children are welcome!

USAG BENELUX Newcomers Brief

Hotel Le Maisieres (across from the SHAPE Main Gate).
DSN 423-4332 CIV 065 44-4332

The Newcomers Brief is designed to assist active duty personnel, DoD civilians and family members by providing important information about the SHAPE/Chievres Community.

The Newcomers Briefing is conducted on the 2nd Wednesday of the month from 8:30 a.m.-3 p.m. at the Hotel Le Maisieres, Ballroom. It is mandatory for active duty military personnel, but family members and civilians are also welcome to attend.

A free complimentary lunch and cookies are provided. The next Newcomers Briefings will be on Wednesday, September 7, October 12, and November 9.

Welcoming Everyone to Belgium W.E.B. Office

Hotel le Maisieres, Rm 126
DSN 366-6252 CIV 065 44-6252
Open M-F 9 a.m.-Noon
Closed SHAPE Holidays

The vision of the W.E.B. office is to ease the transition for Americans relocating to Belgium. The W.E.B. office provides referrals, information, answers, and most important, a friendly face and a warm hand of hospitality. Stop by the W.E.B. office and get the chance to meet with other Americans in the area for support, communication and assistance.

ARMY COMMUNITY SERVICE**Rendez-Vous with French!**

Hotel le Maisieres, W.E.B. Office
DSN 423-7598 CIV 065 44-7598
Looking for some basic French language skills or get some insight into the Belgian Culture? What is appropriate and inappropriate to say and do and where can you find the best language classes? Let ACS help you with this free class for beginners, offered once a month. Next classes are scheduled for September 20, October 18 and November 15. Registration is required.

Financial Assistance Program (FAP)

Bldg 318, SHAPE
DSN 423-5324 CIV 065 44-5324

Saving and Investing

This class helps soldiers and families formulate a basic plan, which provides for a comfortable lifestyle but allows for the opportunity to develop a sense of financial stability. We assist in preparing a working family spending plan, and if you are thinking about making a major financial decision or purchase, we may be able to offer some guidance. Next classes are offered on September 23, 30 and October 21, 28 from 1-2:30 p.m. Registration is required.

How to become a Millionaire on Military Pay

This class is offered on September 27 and October 25 from 9-10:30 a.m. For details call 423-5777

Army Emergency Relief (AER)

The AER office provides financial assistance to soldiers and their family members in time of valid emergency. The AER office also provides emergency assistance for other services through their relief agencies. If not near a military installation, soldiers can receive assistance through a local American Red Cross Chapter.

Family Advocacy Program (FAP)

DSN 423-5263 CIV 065 44-5263

Anger Management Course

When life seems overwhelming and you feel you are at a breaking point, give ACS a call and join a four day class held once a week on Tuesdays from 9-10 a.m. This life skills class is designed to work with families and individuals to strengthen family relationships and to prevent child and spouse maltreatment. Improve the quality of life for you and your loved ones.

ARMY COMMUNITY SERVICE

Bldg 318, SHAPE
DSN 423-4352 CIV 065 44-4352

Return and Reentry Class

Offered Tuesdays at 10 a.m. for all service members recently returned from deployment.

Unit Victim Advocate Training (Class II)

This class is designed to respond to victims of sexual assault. The training is mandatory for all SHAPE and Chievres Unit Victim Advocates. Wednesday, September 28 from 9:30 a.m.-4:30 p.m. at the SHAPE/ACS Conference room. DSN: 423-7593 CIV 065 44-7593

Employment Readiness Program

Bldg 318, Rm 118, SHAPE
DSN 423-4904 CIV 065 44-4904

Job Opportunities Workshop

Learn at the workshop where to find jobs in the BENELUX community and how to apply. Bring your resume and have it updated or find out how to get on Resumix. Every Wednesday morning from 9 a.m. to noon. Open to all US ID cardholders and their spouses who are ready to seek employment. Pre-registration is required.

Want to work at Chievres?

Go the following website
www.cpol.army.mil

Or for AAFES
<http://www.aafes.com>

Or for the Commissary
<http://jobsearch.usajobs.opm.gov/>

New Parent Education and Support Program NPESP

Bldg 318, SHAPE
DSN 423-4274 CIV 065 44-4274

The program is for US military and civilian families expecting a child or with children from birth through 3 years old. If you are expecting or have just recently delivered a new member to your family, please stop by ACS and see us... we have a free gift for you and would like to introduce ourselves to your new bundle of joy!

ARMY COMMUNITY SERVICE**New Parent Education and Support Program (NPESP)**

Services offered include: information and referral, home visitation, education on topic relating to maternity and childbirth issues, parenting classes, playgroups, breast feeding, and much more.

The following classes are held at the SHAPE Healthcare Facility in the 2nd floor conference room. For more information and to register, please call DSN 423-3321 or CIV 065 44-3321

Infant Massage Class

Come to the Infant Massage class and learn new techniques to calm your baby on Thursdays from 11 a.m.-Noon.

Childbirth Education Class

Learn what to expect before, during and after childbirth. This class includes 8 sessions and is offered Wednesdays from 5-7 p.m. Next classes start September 7 and October 5.

Breast feeding Support Group

Are you making the decision whether to breast feed or not? Get the advice or support you need. Group meets on Sep 20, Oct 18, Nov 15 and Dec 13, meets 10-11 a.m. Contact WIC Overseas at DSN 423-5971 or 423-4274 to sign-up.

Playmorning

At the SHAPE Health Clinic EDIS playroom located on the second floor. Call for DSN 423-4274 for dates.

CHILD AND YOUTH SERVICES**Central Registration (all youth)**

Bldg 209, SHAPE
DSN 423-3874/4328
CIV 065 44-3874/4328
Open M-Th 8 a.m.-5 p.m.
F 8 a.m.-3 p.m.

Annual membership fee and registration are required for youth to participate in CYS programs and services. In order to register, youth must bring a recent health assessment and immunization record.

Child Development Center (CDC)

Bldg 616, SHAPE
DSN 423-4810/5618
CIV 065 44-4810/5618
Open M-F 7:30 a.m.-6:30 p.m.
Hourly Care (available only during days when school is in session)
M-F 8:30 a.m.-5:30 p.m.
CDC offers child care for children from 6 weeks to 5 years of age.

CHILD AND YOUTH SERVICES**Middle School Center**

Bldg 503, SHAPE
DSN 423-5789/5635
CIV 065 44-5789/5635
Open M-F 3:30-6:30 p.m.
During school holidays the Center is open M-F 1-6:30 p.m.

Teen Center

Bldg 503, SHAPE
DSN 423-5711/5610
CIV 065 44-5711/5610
Open M-F 3:30-6:30 p.m.
During school holidays the Center is open M-F 1-6:30 p.m.
The Middle School and Teen Center offer many activities such as:

Scheduled dances, lock-ins, movies, Newcomer's Club, Boys & Girls Club programs, computer lab, homework assistance and a variety of self-directed activities. Generally the activities are cost free but in certain cases a small fee may be charged for specific programs or instructional classes.

School Age Services (SAS)

Bldg 602, SHAPE
DSN 423-5980/5982
CIV 065 44-5980/5982
Open M-F 7:30 a.m.-6:30 p.m.
SAS offers out-of-school activities for children grades 1-5. Before and after school care options are also available and a variety of programs are offered from computer to homework lab, Newcomer's Club and more.

Sports Office

Bldg 503, SHAPE
DSN 423-5856 CIV 065 44-5856
Open M-F 8 a.m.-5 p.m.
Closed SHAPE holidays
A current health assessment and immunization record, and CYS membership is required in order to register for sports programs. Call YS for additional information or tune in to AFN's morning show on the first Friday of each month to hear updated YS program information. Bring your entire family to the YS snack bar for theme dinners and board games each first Friday during the school year. Dinner is served for a small fee from 4:30-7:30 p.m.

Flag Football

Season dates are September through October. For Intermediates (ages 9-12), and Seniors (ages 13-15).

CHILD AND YOUTH SERVICES**Autumn Soccer**

Season dates are September through November. Leagues include Pee Wees (ages 6-8), Intermediates (ages 9-12), and Seniors (ages 13-15).

Track and Field

This individual sport is for participants ages 8 to 11 years old and is offered from September through November. Young athletes will train Mondays and Fridays from 4-5:30 p.m.

Basketball

Register in November. Leagues include Pee Wees (ages 6-8), Intermediates (ages 9-10), Juniors (ages 11-12), Senior Boys (ages 13-15), and Senior Girls (ages 12-15). Age groups and dates are subject to change.

Table Tennis

Offered for ages 9 and up. Season dates are September through October.

Volunteer Coaches Needed!

Volunteer Coaches are needed to assist in a variety of sports. Head Coaches receive a discount on their enrolled children in CYS sports... first child is free, 50% for second child. Give CYS a call, volunteer and make a difference.

Cultural Events

Special activities for all ages encourage a multinational exchange of fun, learning and friendship.

Events include monthly international celebrations highlighting a different country each month. If you have an interest in working in an international environment and/or sharing your culture with others, CYS is looking for volunteers of all nationalities. Give CYS a call and share world cultures and meet the many faces of the SHAPE community.

SHAPE AMERICAN SCHOOL INFORMATION

Annual PTSA Bazaar

The annual Parent Teacher Student Association (PTSA) Bazaar will be held on Saturday and Sunday, October 15 and 16 in the SHAPE School Cafeteria area.

This very popular annual event brings vendors from all over Europe to fulfill your shopping desires and holiday gift needs. Profits from this event benefit a great cause helping the PTSA fund with some "Extras" to the programs at BOTH of our SHAPE American Schools.

This community event has annually raised over \$12,000 to support our schools. Come on out between **10 a.m. and 6 p.m. on Saturday** and **10 a.m. and 4 p.m. on Sunday** to take a look.

School Open House

The School Open House showcases our schools, and allows parents an opportunity to meet your child's teachers and learn about our programs. This year's version for the SHAPE, American High School will be held on Tuesday, September 6 for Middle and High School parents, and on Thursday, September 8 for the Elementary School. Both programs begin at 6 p.m. in the School Cafeteria.

School Closure

School will be dismissed at noon on September 22 for International Educator's Day. There will be no school on October 14 for Teacher Record Keeping Day, and no school on October 21 for Parent Teacher Conferences. Parents please remember that attending your child's scheduled parent/teacher conference is an important way to show involvement and interest in your child's education. Plan to attend your scheduled session(s) on October 21!

Be sure to check the school websites regularly for important information. School supply lists, reading lists, and calendar information are just some of the things you can find at: www.shap-es.eu.dodea.edu and www.shap-hs.eu.dodea.edu.

**The Chievres PX
is now open on**

Mondays!

11 a.m. to 6 p.m.



One Day Couples Retreat

with the Family Life Chaplain

**Friday September 9
9 a.m. - 3:30 p.m.
Hotel Maisieres**

Open to any couple:
military, civilian;
married or unmarried

Family Life Center
DSN 423-5653

Lunch, child care, and materials provided by the USAG Benelux Chaplain's office.

HEALTH PREVENTION PROGRAMS

Community Health Information

SHAPE Healthcare Facility
DSN 423-5948 CIV 065 44-5948
Classes are held at the SHAPE Healthcare Facility, second floor, conference room. Call in advance to sign up for any of the classes offered.

Weight Loss Class

Find free weight loss tips and plenty of solutions for a steady weight loss. Held first Wednesday of the month from 10-11 a.m. There are also different Weight Loss Support Groups offered throughout the week.

Weight Loss Support Groups

Wednesdays from 9-3:30 a.m. at the Chievres Library (Community Activity Center – CAC)

Thursdays from 5-5:30 p.m. at Bldg 342 (behind AFN/ACS building and near the US Post Office) SHAPE

Fridays from 9-9:30 a.m. at the SHAPE Health Clinic

Self Care Class

Learn healthy habits, receive reference books "Taking Care of Yourself" and learn about nonprescription medications. The Self Care Class is offered for groups of 10 or more at different times and held every second Tuesday of each month from 10-11 a.m.



Tobacco Cessation Clinic

Are you trying to quit smoking and don't know how?
Are your cravings getting in the way?
Then this might be the right class for you. Held every Monday and Wednesday from 3-4 p.m.

PLAY it SAFE

Summer is winding down and school started a couple of weeks ago. Besides worrying about buying supplies parents also need to think about important details of health and safety. This includes following a well-balanced diet, exercising, resting and understanding safety issues. As students return to school, motorists are also reminded to slow down and watch out for school-age pedestrians.

Many children ride the bus and there are several areas around the bus that can be dangerous.

Remember these safety tips

Be on time and to walk and not run to the bus stop.

Have a safe place to wait for your bus, away from traffic and the street.

Never cross the street without stopping and looking both ways. Cars may not stop and will even speed up and try to pass a parked bus.

Stay away from the bus until it comes to a complete stop and the driver signals you to enter.

When being dropped off, walk ten giant steps away from the bus. There should be a safe distance between your child and the bus.

Use the handrail to enter and exit the bus.

Stay away from the bus until the driver gives his or her signal that it's okay to approach.

Be aware of the street traffic around. Drivers *are* required to follow certain rules of the road concerning school buses, however, not all do.

Protect your child and teach to watch out!



Despite parents' best efforts to protect their children from getting hurt, one of the greatest sources of potential injury often gets overlooked even when it's in plain sight: the backpack. Considered the most efficient way to carry books and other items for school, when it's overstuffed, it may actually cause the pain and fatigue that as many as 50 percent of today's children experience.

To help your child wear backpacks safely, use the following guidelines

1. Have them wear no more than 15 percent of their body weight. Keep backpack use limited to necessities only.
2. Have them use both straps and make sure that the weight is evenly distributed across the back to promote good posture and to avoid shoulder strain and/or a pinched nerve.
3. Recognize signs that the backpack is too heavy by paying attention to whether your child is slouched or leaning to one side when wearing a backpack or is experiencing any type of back pain, tingling or numbness in the shoulders or arms.
4. Select the proper backpack to enhance comfort and safety. Purchase a backpack with multiple compartments, so that weight is more evenly distributed. Padded straps can also help to prevent straps from cutting into shoulders. Newer backpacks with wheels are also an option, with handles long enough to allow children to stand upright while pulling it.
5. Teach your child how to pick up his or her backpack by demonstrating how to bend at the knees and grasp the pack with both hands before putting it on.

Goodbye Summer, Hello Fall...

**CYS Director,
USAG Brussels**

Ready, set, go! It's back to school time for kids. Our children are fortunate to have the opportunity to receive quality education, available and affordable for all. For children and families, each new school year represents a new opportunity for children to learn and develop. It is also a time for parents to commit themselves to play an active role in the education of their children.

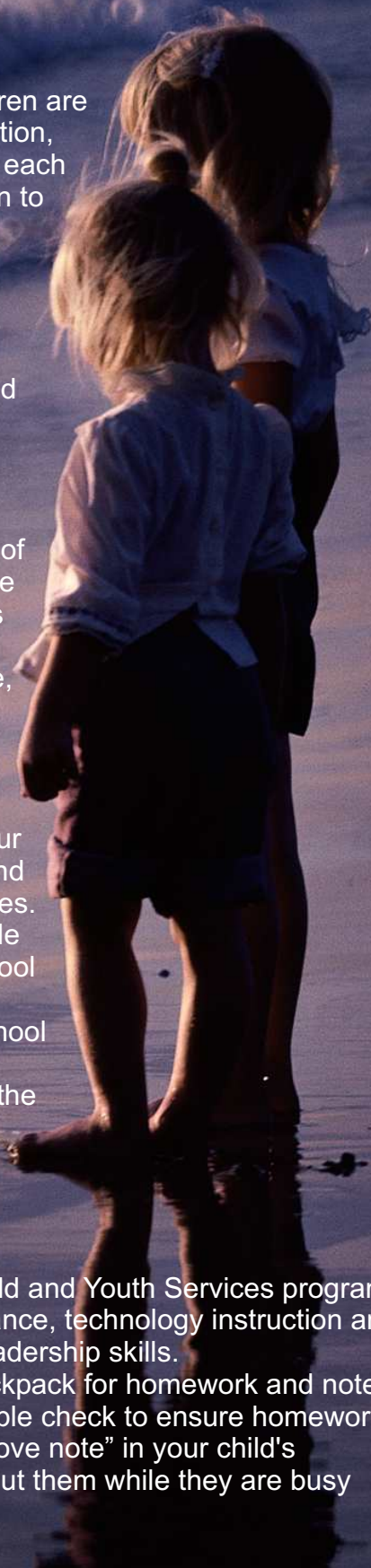
Success in school starts in the home. The National Sleep Foundation recommends that school-age children sleep 10-11 hours each night. A warm bath, a soothing drink and a bedtime story will help children to relax and prepare for much needed rest. A daily routine, of a pre-established bedtime, will help them to adjust and make bedtime a pleasure.

Nutrition also plays an important role in the development of our youth. Parents should review school menus to ensure they are meeting USDA standards. Ensure lunch periods allow enough time for children to enjoy their meals.

Visit the USDA website when packing lunches from home, they offer wonderful menus with easy-to-prepare recipes. Recent issues in childhood obesity and juvenile diabetes have caused red flags to go up for parents. Encourage your child to exercise by offering to take a walk with them or shoot some hoops. If you have a little extra time on your hands, volunteer to coach a CYS sports season and spend plenty of quality time with your child and his/her teammates. Parent involvement in parent-teacher organizations enable parents to have a voice in the decisions made by the school for their children. Parents of home schooled children are usually welcomed to participate, check with your local school or CYS School Liaison Officer. If your schedule doesn't allow you to attend, get the minutes from a friend or visit the school's website. On the website you will find school schedules, updated information and parent links which will keep you well informed. If your school has a great web site, nominate it for Cool School of the Week on the Education World website.

No time for homework? Enroll your child in your local Child and Youth Services program. Your child will enjoy development play, homework assistance, technology instruction and will be able to participate in clubs designed to develop leadership skills.

Most important of all, remember to check your child's backpack for homework and notes that he/she may have forgotten to show you. Always double check to ensure homework assignments have been completed. Occasionally put a "love note" in your child's backpack to let them know you care and are thinking about them while they are busy learning in school.



WOMEN, INFANTS AND CHILDREN OVERSEAS (WIC Overseas)

SHAPE Healthcare Facility
DSN 423-5971 CIV 065 44-5971
Open Tu/W 8 a.m.-5 p.m., Th 1-5 p.m.
Hours are flexible and can be adjusted.

"Helping Children Get the Best Possible Start"



WIC Overseas provides nutrition education and supplemental foods to pregnant and breastfeeding women, as well as infants and children up to 5 years. Eligibility is determined by family size, income and other criteria. Call the WIC Overseas office for more information and to see if you qualify.



Volunteers Needed!

SHAPE Girl Scouts is looking for adult volunteers to be Leaders, Co-Leaders and committee members. Our organization depends on volunteers... Without people like you, Girl Scouts proud tradition may not continue.

Girl Scout registration already started on August 27!

For more information please send us an email: shapegsa@yahoo.com

The Civilian Fitness Program is a DA approved program.



The Civilian Fitness Program is a DA approved program in which civilians employed by the Army are encouraged to engage in a regular exercise program and other positive health habits. Commanders and Supervisors may approve and allow for three one-hour exercise sessions each week during normal work hours for a total of 78 hours over a consecutive 6 month period of time.

The Civilian Fitness Program - is a **one time enrollment opportunity** with the **goal** to initiate and maintain healthy behavioral changes via initial - and post - assessments and development of an exercise/nutrition program appropriate for each participants lifestyle.

Supervisor approval and support is necessary for official entry.

Why become a Participant?

Health Benefits

Stress Management

Nutrition Education- recipes/tips on how to incorporate healthy nutrition into your busy life

Positive Attitude – better overall outlook on life situations; improve mental awareness

Decrease risk factors associated with debilitating diseases (heart disease, stroke)

Increase Work Performance

Less chance of illness/injury as a result of a regular exercise program

Develop positive lifestyle behavior through participating in a regular exercise program

Receive weekly health and fitness tips to supplement your fitness program

Set goals and realize them over 6 month period; participants are able to compare pre/post assessment numbers

What Assessments will be available?

Medical Considerations and Health History Review

Blood Pressure Measurement

Body Composition

Cardio and Respiratory Endurance

Flexibility

Fitness Prescription

When Can I start? Dates and Times?

September 8 and 29 – USAG SHAPE/Chievres

September 22 – USAG Schinnen/Tri-border Area

September 15 – USAG Brussels - NSA

Participants are enrolled for 6 months from 1 October 2005 through 31 March 2006.

Final assessments and new enrollments begin in September 2005

Contact POC listed below for details

Final assessments, to take place March 2006, are mandatory

Who to Contact?

USAG BENELUX Health Promotion Coordinator at DSN: 423-5979 or CIV 065 44-5779 or email Health@benelux.army.mil for additional details and for a copy of Civilian Fitness packet

To enroll go to <http://www.chra.eur.army.mil/>, training and development, HRDD Courses in Europe, course schedule, and click on the white note pad.

EDUCATION CENTER

Bldg 212, Rm 130, SHAPE
DSN 423-3466 CIV 065 44-3466
Open M-F 8 a.m.-5 p.m.

HEADSTART - French

HEADSTART is a free 30 hour language and culture introduction class held monthly at the Education Center. Instructors are native speakers of the language being taught. For next available dates, please check Newcomers pages in the back of this magazine. Reservations for any of the course dates listed are recommended.

OVERSEAS CONTRACTED UNIVERSITIES AND COLLEGES**UNIVERSITY OF PHOENIX**

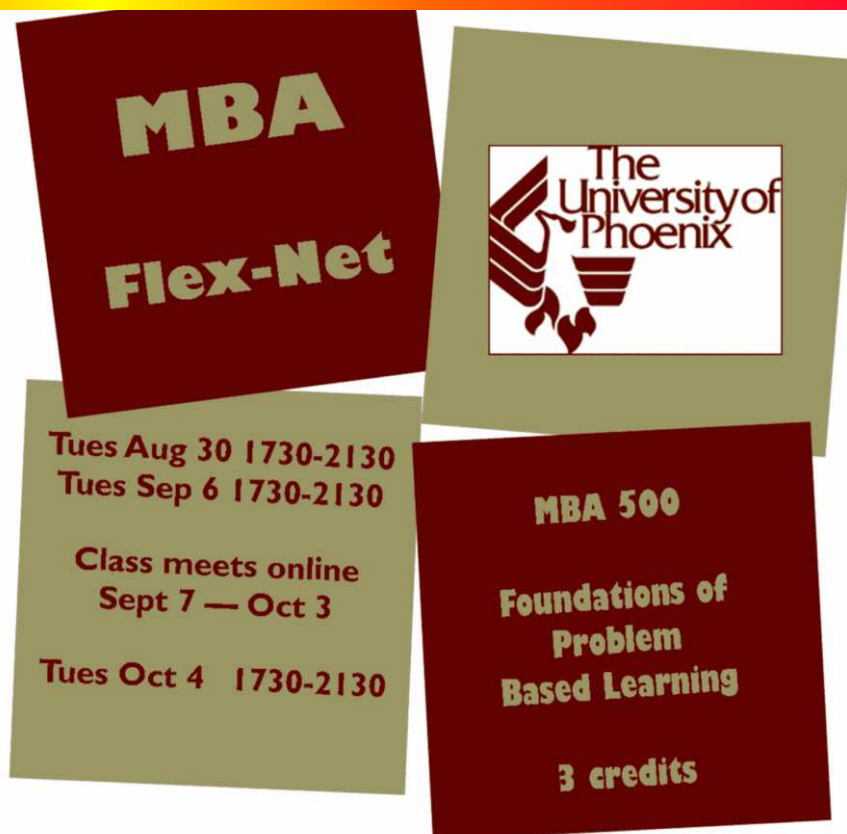
DSN 423-4645 CIV 065 44-4645
SHAPE/Brussels Communities.
Earn your teaching certification or gain additional experience in the field of education. There is no better time to begin your Graduate Degree! Finish in 16-20 months.

The University of Phoenix is also offering a Master of Arts (MBA) in Education. Students interested in an MBA can now accomplish their goal with just 30-39 credits. Plans are being made to offer a hybrid model, called FLEXnet. Weeks 1, 2, and 6 will be at the SHAPE and GK/TREEBEEK Education Centers, weeks 3, 4, and 5 will be online. It's a very convenient way to work, have a family, and advance in your career! For more info, call the SHAPE office at 065 44-4645.

UNIVERSITY OF OKLAHOMA - OU

DSN 423-3654 (SHAPE)
DSN 364-6003 (Treebeek)
DSN 458-6098 (Geilenkirchen)
Email: apshape@ou.edu
The University of Oklahoma offers Master's Degrees in Human Relations and in International Relations. The University of Oklahoma also offers you a chance to earn your Interdisciplinary Doctoral Degree in Europe. For more details go to www.goOU.ou.edu or www.goOU.ou.edu/europe/shape.htm

Turn your clocks back
one hour - 2 a.m.
on October 30
Yes, it's that time again...



Class will meet at SHAPE Education Center, Bldg 212, Classroom 127
MBA (v.20) is a 39 credit program and can be completed in 18-24 months.
Students with a Business Bachelor's degree can waive up to 9 credits.

To register, please contact...

Benelux Field Representative
SHAPE Education Center
Bldg 212, Room 113

TEL: (32) 65-44-4645 DSN: 423-4645
FAX: (1) 602-383-6795

UNIVERSITY OF MARYLAND UNIVERSITY COLLEGE EUROPE (UMUC)

Brussels and SHAPE course schedule can be seen at www.ed.umus.edu

If you have any questions contact the SHAPE field representative at DSN 423-5173 or email at shap@fieldrep.ed.umuc.edu

CENTRAL TEXAS COLLEGE - CTC

Students stationed in Europe can pursue an Associate in Applied Sciences degree in a variety of vocational-technical programs, including: Automotive Mechanic/Technician, Criminal Justice, Early Childhood Professions, Emergency Medical Technology, Fire Protection Technology, Food & Beverage Management, Legal Assistant, Military Science. Contact your local CTC representative to enroll at DSN 423-7447 or visit the CTC. Website at www.europe.ctcd.edu

SHAPE LANGUAGE CENTRE - SLC

Bldg 211, SHAPE
DSN 423-4971 CIV 065 44-4971
Open M-F 8:30 a.m.-5 p.m.
Classes M-F 9 a.m.-8:30 p.m.
Closed SHAPE Holidays

Open to SHAPE ID cardholders 16 years and older. Courses are offered in two sessions (September to January / February to June) in the two NATO official languages – English and French. Danish, Dutch, German, Greek, Italian, Polish, Portuguese, Spanish, Turkish and Russian are also taught. English and French classes are held during working hours, and an evening program is offered to allow staff members to attend. Classes in the other languages are run during lunch times. The Centre has a small language laboratory and library with free access for all SLC students.

Fall Session
Sep 12-Jan 27

Spring Session
Feb 6-Jun 16

COMMUNITY RECREATION**Community Activity Center (CAC)**

Hangar 4, Chievres Air Base
Fitness Center & Library are also
located in the CAC.

DSN 361-5506 CIV 068 27-5506

Email address:

Chievresactivitycenter@benelux.army.mil

The CAC is available for private and official functions to include a variety of events such as birthday parties, bazaars, traditional holiday observances etc.

Fitness Center

Chievres Air Base, CAC

DSN 361-5643 CIV 068 27-5643

Open M-F 6 a.m.-9 p.m.

Sa 10 a.m.-7 p.m., Su 10 a.m.-5 p.m.

Call for Holiday schedule.

It's never too late to start a fitness program or pump up your current routine. From reducing stress to boosting energy levels, the benefits of exercise are almost limitless. Visit the Chievres Fitness Center and reach physical and mental health while sculpting your body. Drop by on Wednesdays at 9:30 a.m. and attend a weight-loss support group provided by SHAPE Healthcare and begin the first day of the rest of your life... the healthy way. There is no need to sign up, just stop by.

US NAVY BALL

SHAPE, Officers Club

Saturday, October 15

at 6:30 p.m.

For questions and ticket
sales please call

DSN 423-4099

Chievres Air Base Library

Chievres Air Base (CAC)

DSN 361-5767 CIV 068 27-5767

Open Tu-F Noon-6 p.m.

Sa 10 a.m.-5 p.m.

Closed Sundays, Mondays and
Holidays

The Library maintains an ever-expanding collection of over 10,000 books, including new bestsellers, current release DVDs, Videotapes, Audio books and Language tapes. The staff is available to assist patrons with recommendations as well as interlibrary loans. Internet access is available on five modern workstations; a photocopy service free of charge; and computer graphics scanner. Mapping software is also available for those who are planning a vacation in Europe.

Chievres Air Base Library**Story Time**

Help your children to learn to love reading. Story Time is offered every Thursday from 4:30-5 p.m. For more information, please call the Library.

SHAPE International Library

Bldg 307, Community Activity
Center, SHAPE

DSN 423-5631 CIV 065 44-5631

Open M-W 9 a.m.-8 p.m.

Th-F 9 a.m.-6 p.m.,

Sa 10 a.m.-5 p.m.

Closed Sundays and SHAPE

Holidays

The SHAPE International Library is a multi-purpose facility serving as a lending library, reading room, cultural center, gallery for art exhibits, and a computer center where patrons can access electronic information sources such as the Internet, CD-ROM programs, and utilize word processing software. A library card is required to check out library material and to use the computers. There is a no charge to register for a library card, however, there is a small charge for photocopies and printed copies.

SHAPE International Library**Library Gallery**

As a special feature and to expand cultural awareness, the library hosts art displays by different local artists each month. Come in to view the beautiful and creative art shows.

Book Discussion Group

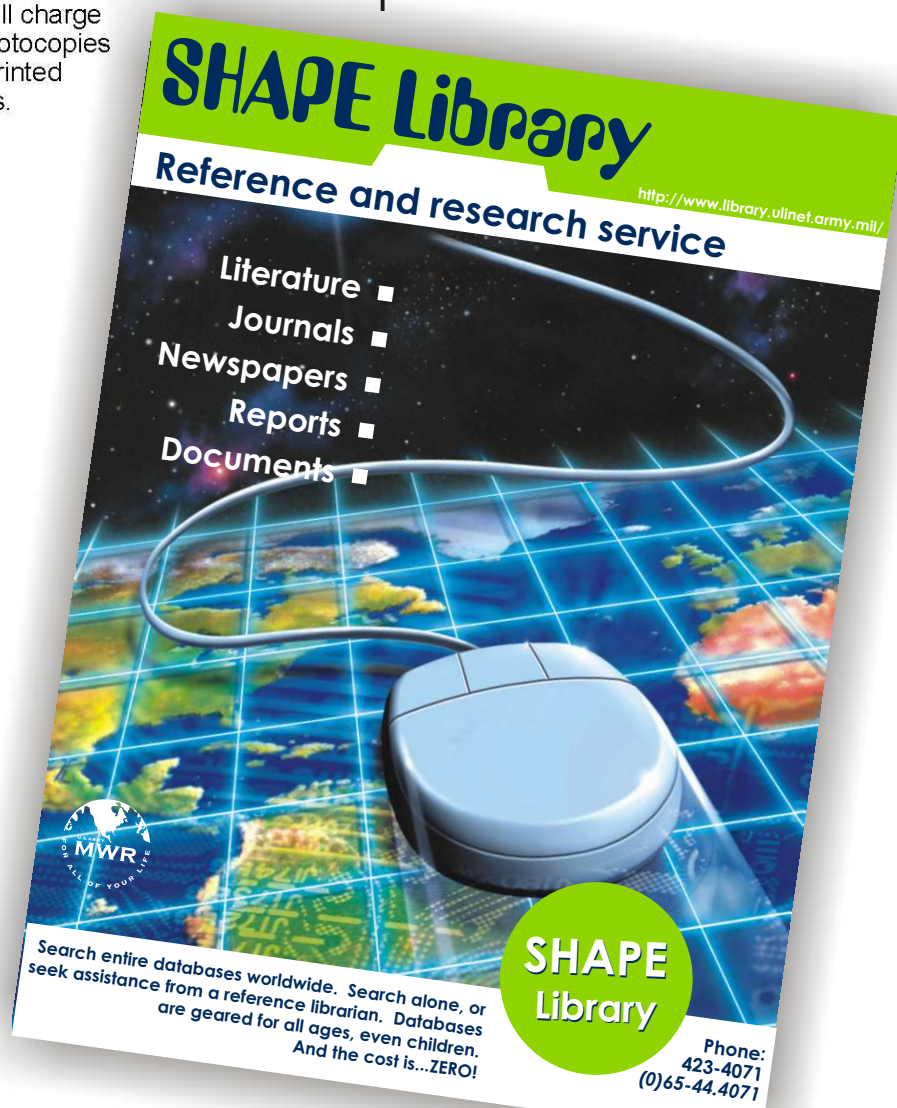
This fabulous book club, known as the "Page Turners" meets at 5:30 p.m. the third Wednesday of each month. New members are always welcome. On September 21 discuss the book: Time Travelers Wife by Audrey Niffenegger.

Lap Sit

The SHAPE International Library brings parents and toddlers together with a program called Lap Sit. The program is for toddlers up to 24 months and is offered Wednesdays from 10-11 a.m.

Preschool Story Time

Offered Tuesdays at 10 a.m. at the SHAPE International Library.



SHAPE ARTS & CRAFTS CENTRE

Bldg 209, SHAPE
DSN 423-4680 CIV 065 44-4680
Open M-Th 8:30 a.m.-5:30 p.m. and
F 8:30 a.m.-4:30 p.m.
Closed Sa/Su and SHAPE Holidays

Are you looking for a present, but don't know what to give?

A Gift certificate from the Arts and Crafts Centre can help solve that problem.

You can either buy courses or material with a Gift Certificate. Call or come to the Arts & Crafts Centre for more details!
The Centre features a ceramics studio, wood and framing shops, custom engraving and classes on painting, drawing, flower arranging, quilting, basketry, jewelry design, oil painting, watercolor, wood turning and much more. Classes are taught by a multinational staff and freelance instructors. It is a great place to work and meet people. Sorry, registrations cannot be taken over the phone. Class registration is confirmed at time of cash payment in Euros.

The following is a list of some of the classes offered in the upcoming months. For a complete listing, stop by the Arts & Crafts Centre.
Materials are not included in the price unless specified.

CHILDREN'S CLASSES (from age 8)

Basic Ceramics

€30.00 / 3 lessons
September 21, 28 and October 5
from 4-6 p.m.

Mosaics

€15.00 / per lesson
September 17, October 15,
November 19 and December 17
from Noon-1 p.m.

Swarovski Jewelry Making

€15.00 / lesson
Call for next dates.

Decoupage – Napkin Art

€18.00 / lesson
Call for next dates.

Candy Making (from age 4)

€6.00 / lesson
Call for next dates

Circle Origami (from age 6)

€7.00 / lesson
Call for next dates

SHAPE ARTS & CRAFTS CENTRE ADULT CLASSES

Beginner's Basketry

€10.00 / lesson
New classes will be on October 4,
November 8 and December 6 from
9 a.m.-Noon.

Victorian Tote

New classes will begin in Autumn.
Check with Arts & Crafts about
dates and times.

Oil Painting

€110.00 / 8 lessons
Offered Tuesdays from 6-9 p.m.
New classes will start in October.

Watercolor

€110.00 / 8 lessons
Tuesdays from 2-5 p.m. New
classes will be offered in October.



POTTERY OPEN STUDIO WORKSHOP

Pottery on the wheel or hand building
Open to all levels!
This approach is to foster an open,
friendly and creative environment,
where students will benefit from
various levels of ability.
The instruction includes pottery on
the wheel and hand building using
the slab roller etc...
Students will be able to work at their
own pace, with instruction according
to the student's level of ability.

The Workshop is offered Saturday
mornings from 9-11:30 a.m. in
September and October and on
November 12.

SHAPE ARTS & CRAFTS CENTRE ADULT CLASSES

Memory Book Workshop

€10.00 / lesson
Learn new ways to create a memory
book with this Rubber Stamping and
Scrap Booking class on October 8
from 11 a.m.-3 p.m.

Silver Jewelry Making

€19.00 / 2 lessons
September 7 and 14 from
10 a.m.-Noon.

Swarovski Jewelry Making

€35.00 / 4 lessons
Offered September 22, 29 and
October 6, 13 from 5-7 p.m.

Arts and Crafts Children's Birthday Parties!



Plan events like: Bisque Painting,
Candle Making, Ceramic Tile
Mosaics, Puzzle Photo Frame,
Mug or Plate Painting, Swarovski
Jewelry Making, and much more!

Call DSN 423-4680
for details.

SHAPE BOWLING

Bldg. 502, SHAPE
DSN 423-5697 CIV 065 44-5697
Open M-Th 11 a.m.-11 p.m.
F-Sa 11-1 a.m., Su and SHAPE
Holidays Noon-11 p.m.

The SHAPE Pizza Bowl provides bowlers with open play, league play and snack bar operations with some of the most modern and advanced equipment in today's bowling industry.

LEAGUES

With the bowling leagues getting ready to begin a new season, now is the time to brush up on those skills. The Pizza Bowl is a 12-lane bowling center providing services for 11 leagues, consisting of a large youth program, men's, women's, and mixed bowling. If you are not in a league, come and see for yourself all the fun and excitement that we have in store.

COSMIC BOWL

Glow-in-the-dark bowling happens Friday and Saturday nights.

BOWLING SPECIAL

From 11 a.m.-2 p.m. on Mondays and Fridays pay only €1.00 per game.

SUNDAY IS FAMILY DAY

All games are only €1.50

SHAPE HOLIDAYS

Bowl for €1.50 per game

BOWLING BIRTHDAY PARTIES

Try the Pizza Bowl for your child's next party complete with party favors, shoes and bumper bowling. The Pizza Bowl is also available for teen and adult parties.

PRO SHOP

Stop by the Pro Shop for many choices in bowling equipment. The Pro Shop also offers a *state of the art* drill press for drilling balls; any bowling ball can be drilled on site and appointments are required

BOSS Halloween Night
SHAPE, IC Club
Friday, 28 October,
10 p.m. – 2 a.m.

Costume contests, prizes
and plenty of ghoulish fun!
3 € in costume, 5 € if you
are not, all paid at the door.

SHAPE PIZZA BOWL

Bldg. 502, SHAPE
DSN 423-5696 CIV 065 44-5696
Breakfast M-F 8-10:30 a.m.
Sa/Su 8:30-11:30 a.m.
Lunch M-Th 10:30 a.m.-9:30 p.m.
F 10:30 a.m.-11 p.m.,
Sa 11:30 a.m.-11 p.m.
Su 11:30 a.m.-9:30 p.m.
SHAPE Holidays Noon-8 p.m.
Come try a delicious pizza and
check-out our snack bar menu
offering many new items to include
Biscuits and Gravy, Tacos, Chicken
Caesar Salad and French Toast.

SILVER SPOON – HQ Cafeteria

Bldg. 102, SHAPE
DSN 423-5114 CIV 065 44-5114
Breakfast M-F 7:30-10 a.m.
Lunch M-F 11:30 a.m.-2 p.m.

Café Bar

Open M-Th 9 a.m.-5 p.m.
F 9 a.m.-3:30 p.m.
The HQ Cafeteria offers a large
variety of choices from sandwiches,
to hot full-course meals and a large
salad bar. For a menu listing, pick up
a SHAPE Community Life magazine
or go to www.shapeonline.net.

**SHAPE INTERNATIONAL
COMMUNITY CLUB**

Bldg. 303, SHAPE
DSN 423-5129 CIV 065 44-5129
Open for Self Service
Lunch M-F 11:30 a.m.-2 p.m.
Dinner M-F 5-8:30 p.m.

Stag Bar

Open M-Th
4:30-11 p.m.
Thursdays is
Disco Night and
open until 2 a.m.,
F 3:30 p.m.-1 a.m.
Closed Saturday and
Sunday. The IC Club
is available
to rent for
private
parties
and
social
events.

SHAPE OFFICER'S CLUB

Bldg. 903, SHAPE
DSN 361-4133 CIV 065 44-4133
Dining Room Lunch
M-F 11:30 a.m.-1:30 p.m.
Offering lunch buffet for €13.
Steak Night Thursdays 7-9 p.m.
Ballroom is available to rent for
receptions up to 500 people and for
seating up to 350 people.

Mons Bar

Open M-Th 5-11:30 p.m.
F 3:30 p.m.-Midnight
Food Service available M-F 6-9 p.m.
Happy Hour Wednesdays 6-7 p.m.
Dart Night every Monday only €5

Sunday Brunch

Call for reservations

Dining

Now open every Tuesday,
Wednesday and Thursday
"Steak Night" for dinner.
Doors open at 5 p.m. Come and
checkout our new updated menu.

Upcoming Events!

Friday, September 30
Bye Bye Summer

Sunday, October 9, Brunch

Saturday, October 29
October Fest





SHAPE AUTO SKILLS CENTRE

Bldg. 314, SHAPE

DSN 423-4693 CIV 065 44-4693

Open Tu-Th Noon-8 p.m.

F Noon-6 p.m., Sa 10 a.m.-6 p.m.

Closed Su/M and SHAPE Holidays

Keep your vehicle in peak running condition and save money by taking advantage of all the tools and facilities available. The Auto Crafts Shop offers 14 work areas and 4 lifts with tools available to use for the simplest to the most complex automotive repairs.

Qualified mechanics can assist you and lend a hand if needed. The services available include wheel balancing, head light adjustment, oil-changing, pre-control technique inspections and much more.

OUTDOOR RECREATION CENTRE

Bldg. 307, SHAPE

DSN 423-5380 CIV 065 44-5380

Open M-F 10 a.m.-4 p.m.

Closed Sa/Su, and SHAPE Holidays

Stop by and pick up a price list!

The Outdoor Recreation Rental Centre offers a wide variety of outdoor recreation equipment and has everything you need for outdoor activities. Stop by and pick-up a complete listing, for every recreational event you are planning, whether it is for your friends, family or your unit. Some items that are available are ski equipment, mountain bikes, camping gear and heaters, tables, canopies, lawn sport equipment, large inflatable party entertainment items, grills and super cookers. For those interested, Outdoor Recreation has hall-sized Bingo Machines available for rental. For customer convenience, rental reservation by credit card over the phone is accepted.

Preventive Law

Traffic Accidents

YOU HAVE JUST BEEN INVOLVED IN A MOTOR VEHICLE ACCIDENT, NOW WHAT HAPPENS?

Well, that depends on what kind of vehicle you had an accident with, who is at fault and when the accident occurred. The following will help you with the process of properly filing your claim. If you had an accident with a government owned vehicle or an AAFES vehicle, first review the procedures set forth in the "vehicle dispatch book" and then contact the Military Police. The MP's will create an accident report, which will document what exactly happened, who is involved and who is at fault. After the accident is recorded by the police and if no one is injured and you are not at fault, step one on your "road to compensation" should be to establish contact with your local Claims Office as soon as possible. Your claim has to be received by them within two years of the accident. If your vehicle is still driveable, you should take it to the nearest Claims Office before taking any other step. The Claims Office personnel will inform you of the proper filing procedures and schedule an appointment with you to have the damages to your vehicle inspected. If you already picked up a copy of the police accident report from the Provost Marshal's office, take it with you to the damage inspection appointment.



At the appointment, claims personnel will take pictures of the damages to your vehicle and create a claims damage report. Do not go out on your own and get an estimate before talking to the Claims Office. They know exactly what to do to get your compensation.

Following these guidelines is crucial if you want to get compensated for your damages in a timely manner. If your vehicle is not driveable after the accident, have it towed to the nearest auto repair shop. You still have to contact the Claims Office and let them know of the accident before having the auto repair shop work on your vehicle.

The Claims Office will then set up an appointment.

GOING SOMEWHERE?

Installation Hotels & Locations

The role of Army Lodging is to provide quality lodging and hospitality services to all authorized U.S. military and civilian personnel. Army Lodging facilities are comparable to commercial hotel standards and represent quality and consistency from installation to installation.

The Army Lodging community currently consist of 22,000 guest-rooms at over 80 locations serving primarily business travelers and families changing assignments.

To view the locations of facilities, please go to: www.armymwr.com and click on Travel and then click on your destination State.

OPERATION R&R

Operation R&R continues at Edelweiss Lodge and Resort, located in Germany.

Now more than ever, Edelweiss Lodge and Resort stands poised, Ready To Serve You.

The R&R program is available only to service members on R&R leave from a 12 month assignment to a country in CENTCOM AOR which is in direct support of OIF or OEF. Service members who have just immediately completed a 12 month tour may also participate while their unit is in a block leave status.

(Guests must provide their DA31 upon check in.) Reserve online at www.edelweisslodgeandresort.com



GOING SOMEWHERE?

The Armed Forces Vacation Club (AFVC) is a leisure travel benefits program sponsored by Resort Condominiums International (RCI), a leader in vacation rental. The AFVC is a "Space Available" program that offers Department of Defense affiliated personnel the opportunity to take affordable condominium vacations at resorts around the world. The AFVC makes this possible by utilizing marketable inventory at condominium timeshare resorts.

The Space-A reservation fee (rental cost) is a flat rate of \$264 per week for the unit, regardless of unit size, unit occupancy, unit configuration, date, or location and are for 7 nights lodging only. Your credit card will be charged at the time of confirmation.

You may travel alone, with family, friends, co-workers, acquaintances, or any combination thereof, up to the maximum occupancy of the unit you reserved. Maximum occupancy limits are typically 2, 4, or 6 persons. A rare find might hold up to 8 or even 10.

EVERYONE in your group counts as an occupant; adults and children of any age, including toddlers and infants.

Maximum occupancy ratings are determined in accordance with local regulations, zoning restrictions and fire codes, not just the number of beds and sleeping configuration.

For additional information please go to:

<http://www.afvclub.com/default.asp>

Prime Time Lounge

Bldg. 7, Daumerie Caserne

DSN 361-5540

CIV 068 27-5540

Bar Opens W-F at 5 p.m.

Karaoke every Friday night
beginning at 8:30 p.m.

Saturday is Movie Night.

Prime Time Lounge

GOING SOMEWHERE? GOING BACK TO THE STATES... HERE IS SOME USEFUL INFORMATION....

Anheuser-Busch's "Heroes Salute" honors the U.S. Armed Services by offering free single-day admission to it's SeaWorld and Busch Gardens parks to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as three direct dependents through Dec. 31, 2005. Any active duty, active reserve, ready reserve service member or National Guard is entitled to free admission under the program. Register, either online at: www.herosalute.com or in the entrance plaza of participating parks, and show a Department of Defense photo ID. As many as three direct dependents of military personnel also are entitled to free admission. Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents.

More information is available at:

www.herosalute.com.

GOING SOMEWHERE?

A note about airline and hotel military discounts:

Most (if not all) airlines give a military discount off their full fares only. These fares are almost always more expensive than other discounts! If you do find one that is cheaper, military ID card holders (active duty, family members, etc) are the only ones who qualify. There are no discounts (that we know of) for parents, siblings, etc...

Most major hotel chains offer military discounts, so always ask, but compare prices! They aren't always better. The hotels and resorts on the following website offer substantial discounts to military personnel for prepaid lodging reservations.

<http://www.armymwr.com/portal/travel/travelresources/hotels.asp>

The web sites for all participating hotels and resorts are listed by state. After you've decided which hotel or resort you want to stay in, contact your installation Information, Ticket and Reservation/Information, Ticket and Tour office to learn the room rate and to make a prepaid reservation at the property.

HERE'S SOME JOB OPENINGS FOR YOU

Bartender

Job location: Prime Time Lounge, Daumerie Caserne

Job summary: Responsibilities include setting up bar for operation, mixing and serving drinks, obtaining cash bank and stocking service bar. Job can be filled as full-time, part-time or intermittent position.

Pay: \$8.18/hr.



Cook

Job location: Prime Time Lounge, Daumerie Caserne

Job summary: Responsibilities include preparing and cooking items that require little or no processing.

Pay: \$10.05/hr.

Food Service Worker (flexible)

Job location: Prime Time Lounge, Daumerie Caserne

Job summary: Responsibilities include setting up cafeteria lines and tables, making cold sandwiches, cleaning and helping around the kitchen.

Pay: \$7.56/hr.

Administrative/Receptionist Animal Care

Job location: Veterinary Clinic, Daumerie Caserne

Job summary: Responsibilities include general office work, answering phones and helping customers. Selected candidate will be cross trained in simple animal care which will include checking the temperature and weighing of the animal, possible restraining during procedures and cleaning up. This is a part-time position (16-30 hrs)

Pay: \$10.25/hr.

To apply for any of the positions mentioned above, please contact the NAF Office at DSN 361-5306/5143 CIV 068 27-5306 or fax your resume to DSN 361-5386 CIV 068 27-5386.

SHAPE TRIPS AND TOURS

SHAPE, Bldg 307
Community Activity Centre
DSN 423-3884 CIV 065 44-3884
FAX 065 84-5154
Email: st&t@benelux.army.mil
Open M-Fr, 9 a.m.-4 p.m.
Closed SHAPE Holidays
<http://www.Shapeonline.net>

Upcoming Trips!**September**

- 18: Togren Antique Market and Rug Store, Belgium
- 18: Horseback Riding in Cuesmes
- 24: Comedy Club, Brussels
- 24: Horseback Riding in Chaleux
- 30-2 Oct: London Weekend

October

- 8: Hoge Veluwe National Park and Kröller-Müller Museum, NL
- 15: Thermae 2000 Day Spa, NL
- 22: Chocolate and Beer Tasting Tour, Belgium
- 22: Horseback Riding in Chaleux
- 29: Haunted Paris
- 29: Czech Republic, Hungary and Austria
- 30: Horseback Riding in Cuesmes

November

- 2: EuroDisney, France
- 5: Outlet Shopping
- 11-13: Verdun WWI Weekend, France
- 12: Amsterdam, NL
- 19: Horseback Riding in Chaleux
- 20: Horseback Riding in Cuesmes
- 26: Sedan & Bouillon Castles, Belgium & France



MWR Employee
here to serve you!

Chievres Boarding Kennel
Reservations and general
information call (068) 27.5436

Need a ride to the Airport?

SATO travel located on Chievres Airbase offers a shuttle service to Brussels Airport starting at €65 one way. You must stop by SATO to confirm. DSN 361-5783 CIV 068 65-7119

**10 September 2005
Buckingham Palace**

Spend the day amongst royalty. Tour the 19 magnificent State Rooms that form the heart of this working palace and are used regularly by the Royal Family for official entertaining and State functions. The State Rooms of the Palace are open to visitors only during the limited Annual Summer Opening and are lavishly furnished with some of the greatest treasures from the Royal Collection - paintings by Rembrandt, Rubens, Vermeer, Poussin, Canaletto and Claude; sculptures by Canova and Chantrey; exquisite examples of Sèvres porcelain; and some of the finest English and French furniture in the world. You will also have the opportunity to witness the changing of the Guard. Price: €46

SHAPE Trips and Tours offers day, weekend, and week-long trips to destinations all over Europe for prices you can afford.

Aqualibi and other Europe amusement parks discount tickets are available.

Although it is always best to come in to the office to book a trip, Trips and Tours now accepts credit card reservations over the phone.

SHAPE TRIPS AND TOURS**17 September 2005****Da Vinci Code and Louvre Tour**

Join us for a tour exploring the art and ideas behind Dan Brown's best-selling thriller The Da Vinci Code. We will revisit Robert Langdon's Parisian adventures in the Musée du Louvre. This tour begins and ends where his fictional caper does. Of course, the Louvre is so much more than simply the setting where that breathless action unfolded. Its works of art can answer many of the questions provocatively posed in the book. Do Leonardo's paintings reveal hidden symbolism? Is the true nature of Mary Magdalene's relationship with Christ expressed in paintings depicting her? Is it really the case that Christian art recycles symbols from earlier so-called "pagan" cultures? We'll visit galleries on and off the beaten track in an effort to answer these questions and more. Join us on your own hunt for the truth. There will also be plenty of free time to do as you please Paris. Price: €39

**SHAPE
TAXI SERVICE**

**Need a taxi from
somewhere on SHAPE?**

Call these guys!

TAXI TOP CHAUSSEEN
065 84-2406 or
0498 86-1686

24 September 2005**Mosel Wine Tour, Germany**

You are cordially invited to the Mosel Wine Tour and Dinner on Saturday, 24 September. We will start our day by traveling to the picturesque city of Bernkastel-Kues located in a scenic wine valley in Germany. Bernkastel-Kues stands out as the most colorful village in the wine valley with its half-timbered buildings and picturesque squares. After free time to explore the charming city of Bernkastel-Kues it's off to Osann for dinner and wine tasting at the Brosch vineyards. Over dinner we'll sample a minimum of twelve Mosel wines. Come join us for a spectacular day in the heart of Mosel wine country! Price: €45

ATHLETICS PROGRAM

Bldg. 313, SHAPE
DSN 423-5325 CIV 065 44-5325

The Main Gym has an extensive program that includes cross-country runs, soccer, cricket, badminton, swimming, rifle and pistol competitions. Special events are held such as softball, volleyball, baseball tournaments as well as a SHAPE basketball tournament.

The facilities offer basketball, volleyball, badminton, squash, racquetball, handball and five one sided courts, a 25 meter indoor swimming pool, aerobics studio, fitness suite, saunas, free weights, outdoor fields for soccer, football, rugby, baseball, softball, cricket and tennis. Also available are personal trainers, tennis instructors and a massage therapist.

Indoor Pool Operating Hours
Lane Swim

M-F 6:30-8 a.m.
11:30 a.m.-1:15 p.m. and 5:30-7 p.m.

Family/Open Swim

Sa/Su 10 a.m.-3:30 p.m.

Green Gym

DSN 423-5156 CIV 065 44-5156
M-F 6 a.m.-9 p.m., Sa/Su and
SHAPE Holidays 10 a.m.-4 p.m.

Fitness Introduction Class

The cost for all fitness classes are:
5 classes for €18,
10 classes for €33, and
15 classes for €43. Tickets for the
classes can be purchased in the
Main Gym checkout. Newcomers
may try one class for free.

**ATHLETICS PROGRAM****Fitness Classes**

Body Blast Class

Mondays from 9:30-10:30 a.m.

Spinning

Mondays, Wednesdays and Fridays
from 12:15-1:15 p.m.

Circuit Training

Mondays, Wednesdays and Fridays
from 12:30-1:30 p.m.

Tae Robics

Mondays and Fridays from 2-3 p.m.

Martial Art

Tuesdays and Thursdays from
11 a.m.-Noon

Yoga Flow Class

Wednesdays from 9:30-10:30 a.m.

Yoga Stretching

Wednesdays from 4:30-5:30 p.m.

Yoga

Thursdays from 9-10 a.m.

Water Aerobics

Thursdays from 7-8 p.m.

Fit Ball Class

Fridays from 9:30-10:30 a.m.

ATHLETICS PROGRAM**Fitness Classes**

Mommy and Me Fitness

DSN 423-4247/3945
CIV 065 44-427/3945
M-F from 9:30-11:30 a.m.
Fitness Suite

SHAPE Community Level Sports

DSN 423-8007/3993
CIV 065 44-8007/3993
Men and Women Softball
Tuesdays and Thursdays
Two games played beginning at
6:30 p.m. on field 8 and 9.
located behind SHAPE Health Care
Facility.

Other SHAPE Main Gym Activities

VOLLEYBALL
SOCCER
UNIT LEVEL BASKETBALL
RUGBY
COMMUNITY BASKETBALL
SHAPE SEALS
For more details call DSN 423-3947

American Forces Team Building



12 Sep, 9 a.m.- Noon
Adapting to Change/Dealing with Stress

29 Sep, 5 - 8 p.m.
Adapting to Change/Dealing with Stress

11 Oct, 9 a.m. - Noon
Military 101

26 Oct, Noon - 1 p.m.
Working Lunch Series

3 Nov, 4 - 7 p.m.
Improving Your Job Skills

14 Nov, 5 - 8 p.m.
Training and Group Dynamics

30 Nov, Noon - 1 p.m.
Working Lunch Series

8 Dec, 5 - 7 p.m.
Leadership Skills

*All classes will take place in the ACS Community Conference Room,
2nd floor of Bldg 318, SHAPE (AFN Building).*

New to the community?

Here are programs in the community that are available to newcomers that want to learn more about where they live and work.

USAG BENELUX Newcomer's Briefing. On September 7, October 12 and November 9 get a complete overview of the military community on SHAPE/Chievres. Come to the Hotel Le Maisieres at 8.30 a.m. and find out more about your new neighborhood. The briefing is open to all U.S. ID cardholders. Call CIV 065/44.4332 for more details. All participants are treated to a free lunch, sponsored by United Furniture and Celtic Spring Water.

W.E.B. Office. Welcoming Everyone to Belgium is located in the Hotel Le Maisieres, beside the American Lounge and open Monday through Friday from 9 a.m.-noon. The W.E.B. office is an ACS outreach program connecting community members and providing assistance with services, activities and information about events in the local area.

Take the Bus. Meet outside the Hotel Le Maisieres on Thursday, September 8, October 13 or November 10 and explore with ACS how to find your way around in the area using the Belgian bus system. To sign up call CIV 065/44.4332.

Take the Train. Find out how you can discover your new area while traveling around using the Belgian train system on Friday, September 9 and October 14. Trips include visits to the markets at the Grand Place in Brussels, where there is always something exciting going on. To sign up, call ACS at CIV 065/44.4332.

Cultural Adaptation Trip. Another great opportunity to explore your new surroundings. Get interesting insights about the Belgian culture, eat great waffles, visit a Belgian vintage store and go on a guided tour of one of the oldest family breweries in Brussels. In November get a first hand look how beer was brewed 100 years ago with a special demonstration at the brewery. The cost for this great trip is only €6 and includes the entry fee and the guided tour of the Brewery. Call CIV 065/44.5324 to get details on the scheduled trips for September 3, October 15 and November 12. Group meets at 8.45 a.m. in front of ACS, Bldg 318, SHAPE. Pre-Registration and Pre-Payment required.

French HEADSTART. A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of NATO/SHAPE/Chievres community. There is no fee and a textbook is provided. Next scheduled classes are September 5-16 from 9 a.m.-noon and September 19-30 from 1.30-4.30 p.m. Call the Education Center at CIV 065/44.3466 to sign up.

Rendez-Vous with French. This free course is designed to teach you some key words and phrases in the French language and to give you tips about local customs. Rendez-Vous with French is not a substitute for a language class but can assist you on where to find the best language training in the area. Next classes are on September 20, October 18, and November 15. To sign up, please call the Welcome Everyone to Belgium office at the Hotel Le Maisieres at DSN 366-6252 or ACS at 423-7598.

SHAPE Language Center. Provides language training in English, French, and a variety of other languages namely Dutch, German, Greek, Italian, Spanish, Polish, Portuguese, Turkish and Russian. This is a wonderful opportunity to learn another language. Receive 50% discount on your dependents 1st English or French beginner course if you sign up within your first six months in the community. The Language Center offers spring, summer and fall/winter classes and is located on SHAPE in Bldg 211. Enrollment for fall/winter classes is September 5-9. The fall/winter session goes from September 12 to January 27. Call CIV 065/44.4971 for additional info and to make appointments.

Job Opportunities Workshop. Every Wednesday morning the Army Community Service - ACS Employment Readiness Program (located in Bldg 318, rm. 118, SHAPE) offers a workshop to assist family members in their job search and career development. The ACS Employment Readiness Program works closely with the Civilian Personnel Advisory Center (CPAC) to provide a full range of employment related services from building your resume to working with Resumix and giving tips for a smooth job interview. Active duty service members, civilian employees, retirees, surviving spouses and family members (to include youth) are eligible to use these services. To register, call CIV 065/44.4904.

Lending Locker. Call ACS at CIV 065 44-4332 to borrow items while moving. The Lending Locker is located on SHAPE in Bldg 318 and offers many useful items, including vacuum cleaners, until your household goods arrive.



USAG Benelux Yellow Ribbon Program

Yellow Ribbon Families Group
Meet every Tuesday from 9-10 a.m.
in the ACS Yellow Ribbon Room
DSN 423-4332 CIV 065 44-4332

New to the community?

Available programs in the community open to newcomers that want to learn more about where they live and work:

Brussels Community

USAG Brussels Newcomer's Briefing. This three-day workshop ensures a smoother transition for new arrivals and is offered quarterly. On day 1 key agencies will present a brief overview of their programs and answer your questions. On day 2 the NATO Health Clinic patient liaison coordinator will provide a tour of the Leuven Gasthuisberg Hospital and ACS will give you general information about Belgium. On day 3 the Director of the Delhaize in Kraainem will familiarize you with a local grocery store. If you are interested and would like to sign up for the next 3-day Newcomer's Briefing on October 18-19-20, please call ACS at CIV 02 717-9783. Also available for you at ACS in Brussels: individual Newcomer's Briefing (upon request). Includes a brief overview of key agencies' programs and practical information about Belgian customs and courtesies.

Metro Madness Class. Learn how to use the public transportation system in Brussels, then participate in a field trip to put your newly learned knowledge to the test. Next classes are September 30 and October 21 from 9:25 a.m.-2:30 p.m. Call ACS at CIV 02 717-9783 to sign up.

French HEADSTART. A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of U.S./NATO community. There is no fee and a textbook is provided. Next scheduled classes are September 12-23 from 11:30 a.m.-1:30 p.m. and November 14-25 from 10 a.m.-1 p.m.. Call USAG Brussels Education Center at CIV 02 717-9704 for details and to reserve your space.

Dutch HEADSTART. A free introductory course in the Dutch language and culture. Field trips to local areas can be included during the course dates. These classes are open to active duty military, family members, and anyone holding a military or NATO ID card (space permitting). Next classes are held September 19-30 and October 31-November 11 from 9 a.m.-noon. To sign up, call NSA Education Center at CIV 02 717-9704.

Job Information Board. If you are looking for a job, the ACS Employment Readiness Program maintains a list of job vacancies in the region. Vacancies are posted on the Job Announcement Board, located next to the ACS Employment Readiness Manager's Office, Room 326 (NSA Bldg. 4, top floor). Application forms and useful handouts are available through the ACS Employment Readiness Program. For more information call CIV 02 717-9783.

Relocation Lending Closet. Useful items are available to borrow for those of you relocating and with household goods in transit. The ACS Lending Closet now has microwaves for in/outbound personnel, which can be checked out for up to one month. Please note we operate by appointment only. For details, contact CIV 02 717-9783.

JFC HQ Brunssum/Schinnen Community

Newcomer's Briefing and Newcomer's Orientation. Learn about housing, local bill pay system, medical care and everything there is to know in your new community at the Newcomer's Brief. After the brief go on a tour to explore activities at Schinnen, Treebeek, Brunssum and at Geilenkirchen Air Base with other newcomers! The orientation includes giving driving tips, best routes, local history, finding things, shopping tips, "getting lost" prevention, historical sites and museums, restaurants and more... The Newcomer's Briefing is offered every second and last Friday of the month from 9 a.m.-3:30 p.m. For info and to sign up, call CIV 046 443-7512.

Dutch HEADSTART. Free language orientation course open to active duty military, family members and anyone holding a military or NATO ID card (space permitting). Classes are held September 12-23 from 10 a.m.-1 p.m. at the Treebeek Education Center. Call the Education Center at CIV 046 563-6060/6041 or DSN 364-6060 to sign up.

Finding Employment Workshop Offered every Tuesday from 10 a.m.-noon to help with interviewing and preparing to find a new job. In the afternoon from 2-4 p.m. learn how to create a stunning resume and how to work with Resumix to apply for government jobs with hands on Resume/Resumix workshop. Sign up at CIV 046 443-7269.

Lending/Loan Closet. Open Monday through Friday from 8 a.m.-4:30 p.m. and located at ACS, Bldg 39/43. Kitchen supplies, household items and various baby supplies are available for community members during relocation. Contact ACS at CIV 046 443-7512.

Hispanic Heritage Month is an opportunity to commemorate and celebrate the varied contributions of Hispanics to the United States' culture. The Hispanic population stands out as one of the strongest culturally influential groups in our nation. It is important to note that the terms Hispanic and Latino generate strong opinions about which expression to use when collectively speaking about the group. Therefore, for the purpose of this publication, both terminologies will be used interchangeably without emphasis on one term or the other.

The history of Latinos in the United States precedes the American Revolution. As early as 1526, there were Spanish settlers in what is now the continental United States. In fact, the oldest city in our nation is St. Augustine, Florida, founded 42 years before the English colony at Jamestown, Virginia, and 55 years before the Pilgrims landed on Plymouth Rock in Massachusetts - making it the oldest permanent European settlement on the North American continent (Padilla, 1998). Hispanic Heritage Month is recognized by presidential proclamation and extends annually from September 15 through October 15. Celebrations include Día de la Raza (Columbus Day), the independence days of Mexico, as well as several Central American and Caribbean countries' holidays and festivals.

Civilian Phone Code

When dialing a military telephone number or DSN from a civilian telephone, convert the DSN prefix: Locate the DSN number and correct city such as 361-5904 (Chievres). The civilian number would be 068 (city code) 27 (civilian prefix) 5904 (last 4 of DSN).

DSN	CITY	CODE	CIV	PREFIX
365	Brussels	02	7079	last 3
368	Brussels	02	7179	last 3
361	Chievres	068	27	last 4
366	SHAPE	065	32	last 4
423	SHAPE	065	44	last 4
360	Schinnen	003146	443	last 4
364	Schinnen	003145	526	last 4

For emergencies call:
Ambulance 112 (Netherlands/Belgium)
Fire 100 (Belgium)
Police 101 (Belgium)
SHAPE 065 44-3333
MP on Base 114 (All Communities)
Poison Control-090-245245

Important Community Phone Numbers

AAFES Brussels	368-9789
AAFES Chievres	361-5100
AAFES Schinnen	360-7586
Rotterdam Annex	362-2359

Armed Forces Network (AFN)	423-4121
<u>AFN Radio Frequencies</u>	
Brussels	101.7 FM
Chievres	107.9 FM
SHAPE	104.2 FM, 106.5 FM
Schinnen	89.2 FM

<u>Cinema</u>	
JFC HQ Brunssum	0031 455 26-2110
SHAPE	423-5600

Civilian Personnel Office (NAF) 361-5319

<u>Commissary</u>	
Chievres	361-5671
Schinnen	360-7513

<u>Computer Help Desk</u>	
Brussels	368-9741
Chievres	361-5328
Schinnen	360-7403
SHAPE	423-7251

<u>Equal Employment Opportunity (EEO)</u>	
Chievres/SHAPE/Brussels	361-5057
Schinnen	360-7445

<u>Finance Office</u>	
JFC HQ Brunssum	364-2829/2839
Brussels	368-9732
SHAPE	423-5211
Dial-a-Rate	423-3601
(SHAPE and Brussels only)	

<u>Healthcare Facility</u>	
Geilenkirchen	0049 2451 99-3200
NATO (Brussels)	368-9500
SHAPE	423-5886
Chievres Vet Clinic	361-5435

<u>MWR Office</u>	
Brussels	368-9753
Chievres	361-5246
Schinnen	360-1550
SHAPE	423-4269/4777

Public Affairs Office	361-5419
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For non-emergencies call:	
<u>American Red Cross</u>	
SHAPE DSN	452-9440
CIV	0049 656 561-9440
Geilenkirchen AB	0049 245 163-2068

<u>Military Police</u>	
Brussels	368-9769
Chievres	361-5301
Schinnen	360-7555
SHAPE	423-3333/3334

www.afnorth.nato.int
Joint Force Command Brunssum
www.afnorthlibrary.benelux.army.mil
library source
www.nato.int
Northern Atlantic Treaty Organization
www.nato.int/structur/recruit/index.htm
NATO Brussels vacancies
www.afno-is.eu.dodea.edu
AFNorth International School
www.brus-ehs.eu.dodea.edu
Brussels International School
www.shap-hs.eu.dodea.edu
SHAPE International High School
www.shap-es.eu.dodea.edu
SHAPE International Elementary School
www.80asg.army.mil
provides information concerning the 80th Area Support Group
www.shapeonline.net
provides MWR information for programs and services available on SHAPE and open to the international community.
www.brussels.army.mil
provides community event information for NSA Brussels community.
www.afneurope.net/SHAPE
provides Armed Forces Network Europe information including news and special events information.
www.us.army.mil
links to Army Knowledge On-line
www.tricare.osd.mil
links to US DoD Health Care System
<https://mypay.dfas.mil/mypay.aspx>
manage pay information, leave and earning statements and more
www.cpol.army.mil
provides information on General Schedule and Non-appropriated jobs in the BENELUX
www.nato.int/shape/community/civpers/office.htm
provides information on SHAPE NATO available jobs.

Other Community Information Sources

MWR Europe - Connection Magazine
SHAPE MWR - Community Life Magazine
USAG BENELUX PAO - Meteor-Heraut
JFC HQ Brunssum - Northern Star
USAG Brussels - The Brussels Weekly - a U.S. Tri-Missions newsletter.

Travel Information

For online links to European travel sources to include SATO Travel Europe, Armed Forces Vacation Clubs, train and bus schedules, visit website:
www.80asg.army.mil
Happy Trails!

**Chievres Air Base PX
New Hours**

Sun - M, 11 a.m.- 6 p.m.

Tu - Sa, 10 a.m.- 7 p.m.

Now Open Mondays!

Do you know about ICE online?

The Interactive Customer Evaluation (ICE) system is a web-based customer evaluation tool provided throughout the Department of Defense (DoD). Rate your praises or concerns about a facility or program and get quick feedback. Read site reports to find out what others have shared, too! Facility managers want to hear from you, so use ICE and provide feedback. Web site:

<http://ice.disa.mil/>



"Military Idol" will give military members a chance to sing their songs like their American Idol predecessors on 34 Army installations around the world this summer. Based on the principles of Fox television's "American Idol" show.

**Friday, 16 Sep, 9:00 p.m.
Prime Time Lounge, Bldg #7
Daumerie Caserne, Belgium**

The finals week is set for Oct. 17 through 22, when local winners will compete at Alexander Hall on Fort Gordon, Ga. Eligible contestants must be on active duty military status assigned to the local hosting installation, including members of all branches of service assigned on the installation. Active duty soldiers not assigned to the installation where they will compete also are eligible, but they must provide their own transportation.

Only vocalists need apply.

For local details call DSN 361-5506

Complete rules of the contest, including contestant application forms and a list of locations, are available online.

www.armymwr.com/portal/recreation/promotions/militaryidol/

SHAPE Cinema

First run movies

Adults € 5

Children 11 and under € 3

Other showings

Adults € 4

Children 11 and under € 2

Ticket sales begin 30 minutes prior to each showing. To view current movie listing go to:

www.shapeonline.net or
www.aafes.com.

To verify movie showing call
DSN 423-5600 or 065/44.56.00
(up-to-date recording available
24 hours a day, 7 days a week).

**Chievres Vet Clinic
hours:**

**M/W 8:30 a.m. - 4:30 p.m.
Veterinary Work**

**Tu/F 8:30 a.m. - Noon
Non Veterinary Work**

BRUSSELS HERITAGE DAYS 17-18 September 2005



Brussels' Heritage Days allow participants to discover the historical buildings of the city and region, providing an opportunity to visit places that are rarely open to the general public.

This year, the focus turns to Brussels, celebrating its 175th anniversary as the capital of Belgium. Sites open to the public in 2005 include important cultural, scientific and military institutions, as well as foreign embassies, and royal parks and gardens.

This event is free to the public. More information on Heritage Days is available from the tourist office at phone 02 204-2111.

Please recycle this magazine after reading.



SHAPE Entertainment Centre Orlando Cheerleaders

The Orlando Cheerleaders will perform on September 9 in at 7.30 p.m. at the SHAPE IC Club. Check out flyers or call the Entertainment Center at DSN 423-3312 or CIV 065 44-3312 for more details.

An Evening with Kander & Ebb

Performances are tentatively set for the following dates. Please call to verify dates and times.

**29 September-2 October
Performances at 7:30 p.m.**

Cost

€ 9 for adults

€ 7 for students

€ 5 for children 12 years and under

One Act Plays

To be showcased One Night Only
6 October, 7:30 p.m.



Once On This Island Junior

November 17-20

Schinnen MWR Trips & Tours



**Take the worry out of travel
on any of these fun Fall outings.**

1 October

Oktoberfest in Munich

Everyone's got to experience the biggest party on earth at least once.

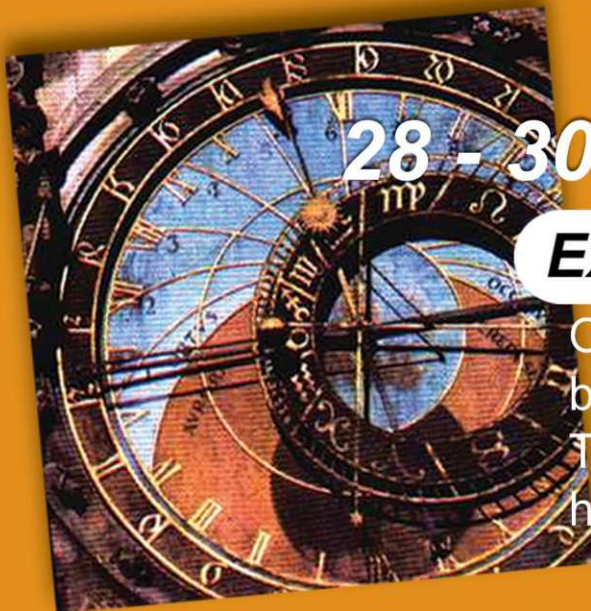
\$79 per person.



28 - 30 October

Express trip to Prague

One of Europe's jewels, get seduced by the romantic charm of the city's Old Town. 12 hours to shop and generally have a ball. **\$109 per person.**



26 November

Christmas Shopping in Magnificent Paris

Thanksgiving weekend and a perfect time to stroll the Champs-Élysées.

Just \$49 per person.



To get full details and to book your trip, stop by the Schinnen Fitness Center or call

DSN 360-7561 or CIV 046-443-7560

Annual PTSA Bazaar

The annual Parent Teacher Student Association (PTSA) Bazaar will be

Saturday and Sunday,
October 15 and 16

SHAPE School Cafeteria

This very popular annual event
brings vendors from all over Europe!

Come on out between:

**10 a.m. and 6 p.m. on Saturday or
10 a.m. and 4 p.m. on Sunday**



**Friday, 16 Sep, 9:00 p.m.
Prime Time Lounge, Bldg #7
Daumerie Caserne, Belgium**

***Army MWR Announces Military Idol
Promotion Are you a soldier who
loves to sing? Do you sing in your
car, the shower?***

This multi-week competition will combine the popularity of the TV show American Idol with the talents of our military performers and is sure to be a win-win situation for all involved. The top "Idol" at each installation will advance to compete in the national Army-wide competition for bragging rights as the Army's top "Military Idol" and a chance to win \$1,000.

Log on to the Military Idol website for details on the first Military Idol competition to see if you have what it takes to be number one.
(See inside for more local details)

www.armymwr.com/portal/recreation/promotions/militaryidol/



Cheerleaders

SHAPE, Belgium

**Friday, 9 Sept. 1930 hrs
SHAPE I.C. Club**

Presented by


★ For more details contact 423-3312 ★

RECYCLE PLEASE



Chievres Air Base Recycling Center

Located 300 meters past Hangar #6
on the right side.

Open Saturday for Housing Areas
10 a.m. - 2 p.m.

Wednesday & Thursday
1 p.m. - 5:30 p.m.

Friday
8:30 a.m. - Noon

Recyclable items only - DSN 361-5704/5612